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Your essential daily news | WEDNESDAY, OCTOBER 28, 2015 High 7°C /Low 0°C Sunny

NDP budget awash in red

$1,525
Additional debt load
The approximate additional per capita debt load the new deficit creates for every Albertan — and it will likely repeat itself in the March 2016 budget.

$6.1B
Hefty deficit
The province will run a $6.1-billion deficit in this year's budget. Projections show the province's debt will be more than $36 billion by 2018. Some peg it higher at $47 billion.

$0
Rainy day fund
The amount of money that will be left in the province's contingency account (rainy-day fund) after another deficit expected in the March 2016 budget.

$0
Frozen tuition costs
The expected tuition increases for post-secondary students as the government follows through on promises to freeze the cost of higher education.

ECONOMY

Government aims to protect vital services, employment

Ryan Tumilty
Metro | Edmonton

Alberta will borrow — just to keep the lights on — for the first time in more than two decades as the province runs a $6.1-billion deficit in the NDP's first budget.

Finance Minister Joe Ceci said the government wanted to protect the hospitals and schools Albertans rely on and didn't want to add to unemployment.

"In these economic times, we want to keep front-line services strong. We don't want to fire thousands of nurses," he said.

The last time the province borrowed for operating expenses, like salaries, was 1994, but Ceci said Albertans would understand the need this time.

"I think Albertans will continue to be proud that we are building a province that will take us far beyond this recession," he said.

Wildrose Leader Brian Jean said the budget marked a worrying transition.

"For the first time in a generation, our government, the people of Alberta, will borrow to cover day-to-day expenses," he said.

The red ink does not stop with this year's budget, as the government is projecting a $5.4-billion deficit in 2016–2017, $4.4 billion in 2017–2018 and $2.1 billion in 2018–2019. The government would return to surplus in 2020 under the NDP plan.

Jean said even those targets are unrealistic because the NDP is banking on a huge growth in revenue.

"The NDP's first budget is a complete fantasy," he said.

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Lion populations in Central and West Africa see sharp decline. **World**

Vague code of conduct worries university staff

MOUNT ROYAL UNIVERSITY

Rules may discourage debate, faculty publications

244

The number of signatures on a faculty petition against an early draft of the new code.

Helen Pike
Metro | Calgary

The Mount Royal University's Board of Governors have approved a code of conduct which faculty are overwhelmingly against as it could have implications on their academic freedoms, according to the head of the faculty association.

MRU faculty association president Marc Schroeder cited vague wording around what constitutes a wrongdoing. Further, the code of conduct includes a clause requiring employees to exercise judgment in the best interest of the university.

According to Schroeder, the code requires faculty members to tattle on those they suspect may be behind the very wrongdoing it doesn't define. He added that faculty must be able to engage in research, discussion, and publications that may touch on any number of sensitive topics — even being critical of the university itself.

"We're deeply concerned that the Board approved that code of conduct at last night's meeting," he said.

The code applies to academic and non academic staff and has been in the works for a year. Faculty petitioned against an earlier draft of the code and received 244 signatures, but their concerns fell on deaf ears as the Board voted Monday in favour of passing the controversial policy.

"When there's a potential that you could discipline someone based on a policy then that policy has to contain a clear and precise articulation of wrongdoing that isn't subject to arbitrary interpretation," Schroeder said.

Mount Royal University provided a brief statement on the process.

"We respect the consultative process and value the feedback we received from many groups, including faculty," wrote Mount Royal University President David Docherty in an email statement. "The process started more than a year ago and included five months of extensive consultation. Much of this feedback was inserted into a Code of Conduct outlining standards of professional behaviour.

Mount Royal University's new code of conduct has some teachers worried of troubling implications. JENNIFER FRIESEN/FOR METRO

> **(The code of conduct) has to contain a clear and precise articulation of wrongdoing that isn't subject to arbitrary interpretation.**
>
> Marc Schroeder, MRU faculty association president

UBERX

Cabbies blast city in letter

Associated Cabs has sent a legal letter to the City of Calgary accusing them of not fulfilling their role in enforcing bylaws against the operation of UberX.

On Monday, a letter addressed to those in the Taxi and Limousine Advisory Committee and Livery Transport Services was sent to the city demanding the city bylaw, which UberX breaks, be enforced or else Associated will take "whatever steps it can" to ensure the transportation and limo industry operate under a "common regulatory scheme."

"Associated should not have the burden of reminding TLAC and the City that section 60 of the Taxi bylaw contains a complete bar on the operation of taxi and limousine services unless the operators of those services (including UberX who is operating as a broker and UberX drivers) are properly licensed," read the letter.

A spokesperson from the city said they are using a "multi-faceted approach" to enforce the bylaws and that includes the livery transportation bylaw. However, the city will not discuss the details or enforcement strategies at this time.

The spokesperson added the main focus is public safety, but said disclosing specifics would not be in "the best interest" of the ongoing investigation as it could "jeopardize public safety."

When asked what that means the spokesperson did not answer the question and repeated the investigation's focus is on public safety. HELEN PIKE/METRO

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IN BRIEF

Police prostitution sting nets 33 people

Nearly three dozen people have been charged after a four-day prostitution sting by the Calgary police.

Between Oct. 13 and 16 officers in District 1 along with the Calgary Police Service Vice Unit targeted consumers of "street sex" trafficking. The units concentrated their efforts on "problem locations" determined by police and the community.

Thirty-three people were charged with unlawfully communicating with any person for the purpose of obtaining sexual services. Eight summonses were issued for traffic violations, two people were arrested on outstanding driving warrants and one person was arrested for an outstanding criminal code warrant.

METRO

Lawyer hoping feds will address judge shortage

A Calgary lawyer says there is a shortage of judges in Alberta, and he hopes the new federal Liberal government will move quickly to address it. Dalton McGrath says despite the Harper government's tough-on-crime stance, it was slow to appoint new justices for Court of Queen's Bench.

McGrath says there's only been one full-time Queen's Bench position filled since 2006. He says on a per capita basis, Alberta has about 12 fewer judges than British Columbia. McGrath says due to the lack of justices, some criminal trials are being put off until 2017 or even 2018, and the resolution of some commercial cases might take up to five years.

THE CANADIAN PRESS

Police hunt online for clues in woman's death

CRIME

Investigators find signs of violence inside victim's home

Lucie Edwardson
Metro | Calgary

Police are probing the online life of a woman whose body was found in a northeast Calgary home Monday, in an attempt to find clues about her death.

Staff Sgt. Doug Andrus said police were called to the home on Castledale Way Monday afternoon just before 4 p.m., after a woman in her 30s was found dead inside the home.

Family and police have identified Amanda Antoni, 31, as the victim.

A motive for the murder hasn't been determined, but Andrus said the CPS Technological Crimes Unit and Cyber Crimes Unit are scouring Antoni's social media and all electronic devices to determine who she was in contact with prior to her death.

Andrus said along with the autopsy, an unusual scene at the home has led investigators to believe the death to be suspicious.

"There were signs of a violent incident inside of the residence," he said. "Coupled with the ongoing autopsy, we've deemed this death suspicious."

According to Andrus, the victim's husband, Lee Antoni, discovered his wife's body in their home after returning from an out-of-town trip and is cooperating with investigators.

Amanda Antoni was discovered dead inside her home Monday. FACEBOOK

"We have interviewed him and taken a statement," said Andrus. "He's not considered a suspect at this time."

Andrus said there is no reported history of domestic violence between the couple, and police haven't been called to the home in recent years.

Friends and family of Antoni's have taken to the Facebook pages of her loved ones to offer their comfort to the family.

Melissa MacNeil wrote on Antoni's mother, Linda Hogg's Facebook wall expressing her sympathies.

> **(Victim's husband) not considered a suspect at this time.**
> Staff Sgt. Doug Andrus

"Very sorry to hear of Amanda's passing, Linda. Amanda was a great girl. Our thoughts and prayers are being sent your way."

Facebook user Caylee Jayne Webb wrote on Antoni's nephew, Austin Hogg's wall also expressing her condolences to the family.

"So sorry for your loss. My thoughts and prayers are with you and your family," she wrote. "Heaven gained another beautiful angel."

Austin changed his profile picture to one of him and his aunt Tuesday afternoon, and in a comment said "my heart is torn right now."

CHINATOWN

BRZ clears hurdle

Helen Pike
Metro | Calgary

Chinatown stakeholders may soon have a unified voice after a city committee unanimously endorsed the Chinatown Business Revitalization Zone (BRZ) proposal.

After the 2013 flood, Chinatown stakeholders found they didn't have a cohesive representation without a community association, and were unable to scrounge up resources to deal with many issues in the area.

"We're falling short in terms of getting together as a community and building up," said Kit Koon, one of the committee members to establish a Chinatown BRZ.

On Tuesday, Priorities and Finance Committee members approved the proposal unanimously. Council will hear the proposal Nov. 23.

There are currently 10 BRZs in Calgary. The City requires a 25 per cent approval of the BRZ from businesses in the proposed area before being considered by council. The Chinatown proposal had 43 per cent.

"This is really exciting. We've been waiting a long time for this to come forward," said Coun. Diane Colley-Urquhart.

Terry Wong, another committee member hoping to establish a Chinatown BRZ, confirmed it wasn't the first time they've come forward about a BRZ.

"The predominant reason why we've not succeeded has been a misunderstanding or reluctance to understand that this is not just a levy to their taxes but this is a benefit to them," said Wong.

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Young man's brainy ideas are truly viral

WE DAY

Creator of flu vaccine pill encourages youth to strive

Candice Ward
For Metro | Calgary

Born and raised in Calgary, Rameez Virji already has an impressive resume that includes building an award-winning software company, and a revolutionary flu vaccine pill — all before the age of 20.

Virji was named one of Canada's Top 20 Under 20 in 2012 for his flu vaccine pill (which is still in the patent phase of development) and shared his inspirational story with over 16,000 youth at WE Day Alberta in Calgary on Wednesday.

"I want everyone to know that they can do this kind of thing," said Virji.

Rameez Virji, 22, shared his inspirational story with thousands of WE Day goers Tuesday at the Saddledome.
CANDICE WARD FOR METRO

"You never know where your knowledge can be applicable — it can surprise you."

Growing up, Virji said he always loved technology and quickly taught himself how to code.

At 13, he developed a program that rivalled other internet browsers.

A few years later, along with his Shad Valley team, he developed the flu vaccine pill — one that will make the delivery and distribution of much need medications to developing nations simpler and more affordable.

It was an idea that came to him after seeing how his grandfather hated needles and refused the flu shot throughout his life.

Virji never thought the idea would take off the way it did but is proud to apply his knowledge to a real-world need.

"I never thought I would create medicine. I was a tech guy," said Virji.

Virji is studying at the University of Saskatchewan and is president and CEO of Big Tree World, and encourages others, especially young people, to pursue their ideas.

"Don't limit yourself — especially if you are young, don't limit yourself because you don't think you know enough about something," said Virji.

"You never know when you have an idea that just has not been thought of. Everything is thought of for the first time at one point."

SENTENCING APPEAL

Lawyer seeks credit for client's jail time

A child abductor who snatched a three-year-old boy from his bedroom during a late-night break-in at a home in southeastern British Columbia should spend less time behind bars, says his lawyer.

Ken Beatch argued in the B.C. Court of Appeal on Tuesday that his client, Randall Hopley, should be granted more than three years' credit for time already served in order to further reduce his seven-year sentence.

"When this sentence was crafted there was not a consideration for dead time," said Beatch, referring to pre-sentence time Hopley had served prior to sentencing.

"The calculation of dead time comes down to fairness."

Hopley was awarded 26 months of credit based on the time he spent awaiting trial.

Beatch asked a trio of appeal judges to instead give Hopley one and a half times that, shaving off an additional 13 months from the sentence.

> **When this sentence was crafted there was not a consideration for dead time**
> Ken Beatch, Randall Hopley's lawyer

Hopley was sentenced before a Supreme Court of Canada ruling softened the Conservative government's tough-on-crime policies, which until then had tied judges' hands in awarding sentencing credits.

The appeal judges reserved their decision.

THE CANADIAN PRESS

BACKGROUND

Convicted child abductor
Randall Hopley, who's now around 50 years old, pleaded guilty in 2012 to having abducted Kienan Hebert the previous September from his home in Sparwood, B.C., before returning the boy to his parents four days later.
THE CANADIAN PRESS

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WORD ON THE STREET

Stephen J. Harper airport: Will it fly?

We asked Calgarians what they thought about renaming Calgary International Airport the Stephen J. Harper International Airport. Here's what they said:

Candice Ward | Jennifer Friesen

In Calgary he's looked highly upon because he was one of the longest-running Western prime ministers. And when he came to power, that sense of western alienation has decreased. So it all depends on the perspective of what the people want.

Ahamed Sameen, 25

It's just a name, to be honest. If they wanted to change it to any prime minister, past or present, it wouldn't faze me.

Stephen Timlin, 27

I think Stephen Harper contributed a lot to Canada and to Calgary, so it's OK to make that change to pay him back for what he's done and thank him for the service he gave to Canada. He made a lot of improvements for the people.

Rhellen Parayno, 30

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PROVINCIAL BUDGET

NDP undoes previous education cuts

Aaron Chatha and Ryan Tumilty
Metro | Calgary

The NDP followed through Tuesday with commitments to stabilize the classroom, boosting funding to allow for more teachers and support staff as the province continues to grow.

It reverses the 3 per cent reduction to school boards included in the March budget and includes steady growth to the education budget over the next three years, allowing the province to hire 380 teachers and 150 more staff.

Frank Bruseker, president of the Calgary Public Teachers ATA Local 38, said the budget brings good news and bad news, restoring cut funding but not moving far enough forward.

"Really what this does is restore funding which had been cut by the previous government. But it doesn't move us down the path of real improvement," he said.

"Class sizes aren't going to get any smaller, but they're not going to get any larger."

The Calgary Board of Education and the Calgary Catholic School District confirmed in statements that the budget restored cut funding.

Education Minister David Eggen acknowledged that this budget addresses class sizes.

"We've made a commitment to fund enrolment, so certainly that stabilizes class sizes," he said, noting that estimates have been provided for three years of funding to help school boards plan better for the future. "In those three years, we will target class sizes even more."

The government has also pledged to invest $45 million in reducing school fees in the years ahead.

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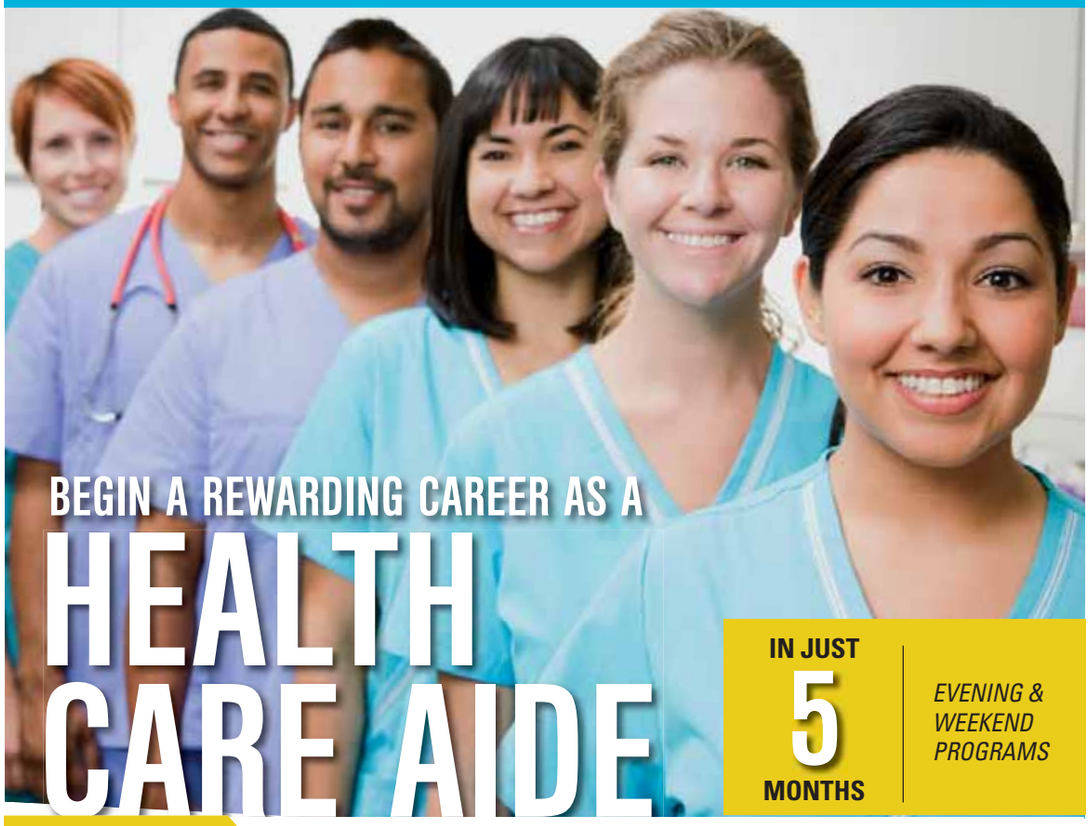

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Health Minister Sarah Hoffman hoped to have the new Calgary Cancer Centre up and running at the Foothills Medical Centre by 2020. METRO FILE

Facility to open in 2024

HEALTH

Government spends big to make cancer centre ready

Jeremy Simes
For Metro | Calgary

Though delayed for another four years, local advocates for the construction of the proposed Calgary Cancer Centre say they're delighted the government will commit $830 million over the course of five years to build the $1.3-billion facility.

The provincial NDP tabled its first budget Tuesday, announcing the Calgary Cancer Centre should open in 2024.

But this past July, Health Minister Sarah Hoffman said she hoped to have the facility in operation by 2020 at the Foothills Medical Centre.

John Osler, co-leader of the Concerned Citizens for the Calgary Cancer Centre, said the stretched timeline reflects the province's current economic situation.

"Original timelines for the project were based on certain economic realities that are very different than today," he said. "The delay is not unexpected and I think (the government) is doing the very best it can."

Past promises to construct the Calgary Cancer Centre have been hard to keep in the past.

In the 2014 budget, the former Progressive Conservative government loosened its purse strings to spend $160 million over a period of three years to get the new cancer facility up and running.

But in last year's un-passed 2015 budget, funds for the facility and the site were scaled back: the former government announced it would build a smaller cancer facility at the South Health Campus.

Drew Barnes, Wildrose shadow health critic and MLA for Cypress-Medicine Hat, said the NDP broke its promise by not ensuring the centre opened by 2020.

He said $830 million won't be enough to fund the facility, and that the government should have made efficiencies in other areas to fully fund the $1.3-billion project.

$830 million

The provincial budget's commitment to the Calgary Cancer Centre over the next five years. METRO

Myka Osinchuk, CEO of the Alberta Cancer Foundation, said the organization is happy to see the facility go forward, but is concerned that there's a delayed timeline.

"We're waiting to hear more details about the commitment and what the scope of the project will be," Osinchuk said. "We wonder if the ($830 million) will fund the entire commitment or if there's more to come."

Premier Rachel Notley will provide more details on the cancer centre Wednesday.

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CASH PRICE	OR FINANCE	BI-WEEKLY
$28,495	$30,995	$170

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STK# 215516 MYLINK TOUCH SCREEN, BLUETOOTH, REAR VISON CAMERA

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$26,495	$27,995	$154

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$23,795	$26,995	$148

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$50,995	$55,495	$305

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CASH PRICE	OR FINANCE	BI-WEEKLY
$35,895	$40,495	$223

2015 CHEVROLET SILVERADO 1WT CREW CAB 4WD, NAV

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CASH PRICE	OR FINANCE	BI-WEEKLY
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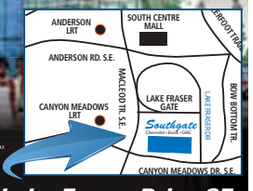

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Green Line LRT absent from budget

TRANSIT

Mayor, councillor hopeful for expected $1.5B

Brodie Thomas and Ryan Tumilty Metro | Calgary

The province has not yet anted up its expected contribution to the Green Line. METRO FILE PHOTO

The province's expected contribution of $1.5 billion for Calgary's Green Line transit project was suspiciously absent from Tuesday's budget.

Coun. Shane Keating said he's not surprised the money isn't there, and he's hopeful it will be in the spring budget.

"I think it has to be in the March 2016 budget. That's where we've worked at when we've talked to most of the MLAs and ministers. We've said we have to get this done — it's in the best interest of Calgary."

Finance Minister Joe Ceci said the government has $4.4 billion in unallocated capital money that could be diverted to transit.

Keating suspects the money for the Green Line is there if the city can make the case for it.

Jeff Binks, president of LRT on the Green, said his group is also disappointed but cautiously optimistic.

He too is holding out hope for a share of the $4.4 billion.

"We're going to double down our efforts to make the government aware and hopefully Calgarians will join us," said Binks.

In a statement, Mayor Naheed Nenshi said he was pleased with most aspects of the budget, and will work with council to access a share of the $4.4 billion.

"While the Green Line LRT project is not specifically mentioned in this budget, there is nothing in this budget that precludes it, and we will continue discussions with the province about how they will participate in the project," Nenshi said.

POST-SECONDARY EDUCATION

Schools pleased with funding plan

Helen Pike and Ryan Tumilty Metro | Calgary

Alberta post-secondary institutions can expect much of the same when it comes to funding for the next three years, according to the budget released Tuesday.

The NDP government has reannounced a continued tuition freeze for at least two years, as it invests more in post-secondary education. This is a continuation of Bill 3, the interim supply bill announced last June that restored funding to post-secondary institutions.

"Back in June we announced the reinvestment and this is going to be over a two-year period … that's already been announced," Lori Sigurdson, Minister of Advanced Education Jobs, Skills, Training and Labour, said in an interview last week.

Marc Schroeder, president of the Mount Royal Faculty Association said they're still reviewing the budget but are pleased that after several years of neglect the government is halting the further erosion of funding.

REVERSAL

Funds hiked instead of cut

The government is reversing the 1.4 per cent cut schools would have received under the previous government's budget and giving them an overall two per cent boost in funding. METRO

"What this lets us do is — it lets us help ensure post-secondary remains accessible, affordable and of high quality," he said.

Students are glad to see the government fulfilling its platform, calling the modest announcements "good for now."

"We're happy to see that tuition will remain frozen while we continue to conduct a review of post-secondary education," said CAUS chair Romy Garrido.

CAUS is happy to see the summer temporary employment program reinstated for 2016, and $183 million added to the amount available for student loans.

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4 THINGS THAT WILL COST YOU MORE

Alberta's first NDP budget comes with a few cost-increases. If you smoke, drink or ride trains, read on.

RYAN TUMILTY METRO

1 Train fuel

Few Albertans will have to pay this charge for trains directly, but the government is boosting the tax for train diesel to mirror increases already made to regular gas and other types of diesel earlier this year.

2 Cigarettes

In addition to the increase announced by the former Prentice government in March, the NDP is boosting tobacco taxes by $5 per carton of cigarettes — a change that came into affect at midnight last night.

Alberta Finance Minister Joe Ceci speaks during a press conference prior to the official release of the 2015 provincial budget in Edmonton on Tuesday. THE CANADIAN PRESS

3 Booze

The liquor mark-up the province charges will go up five per cent, also beginning at midnight. This comes on top of a 10 per cent increase introduced in March. The government says the mark-up is also being refined according to the government to better promote Alberta products.

4 Insurance

A one per cent tax on insurance premiums will come into effect next April.

TRANSPORTATION

Budget offers $2.96B for ring roads

Brodie Thomas
Metro | Calgary

Tuesday's provincial budget saw significant funding for the Calgary ring road, but it remains to be seen if it will be enough to get the job done.

Transportation money that was in the budget included $2.96 billion over five years for Edmonton and Calgary's ring roads.

How that money will be shared is unclear.

Councillor Richard Pootmans was pleased to see the money there.

The ring road will pass through his ward when completed.

The budget speech promised more infrastructure announcements in coming months, so he's waiting for more details.

"We're hopeful that the next announcements would include a confirmation of the western ring road proceeding," said Pootmans."

Currently, the province has committed to completing the southwest portion of the ring road by 2022. Under the terms of a land transfer agreement with the Tsuu T'ina First Nation, the road must have traffic flowing by May of that year or else the land reverts to the First Nation.

As for the west leg of the ring road that would run from Highway 8 to Highway 1, no start date has been set for that project.

AFA

Arts groups expect funding increase for next 2 years

Jeremy Simes
For Metro | Calgary

Alberta arts organizations are pleased to see the government up funds for the arts in its 2015 budget.

Within the provincial NDP's first budget, the Alberta Foundation for the Arts (AFA) will see $5 million and $10 million in new funding for 2016-17 and 2017-18 fiscal years, respectively.

There will be no change in funding for the 2015-16 year.

"Needless to say, it's always great to see an increase in the investment for arts and artists," said Patti Pon, President and CEO of the Calgary Arts Development.

"While it's still early and the ink is still drying, I'm really confident that Calgary artists and arts organizations will benefit through this increase in funding."

In the Progressive Conservative's un-passed 2015 budget, the former government cut 5 per cent from its AFA budget (from about $28 million to $26.6 million).

The government estimates it will spend $26.6 million on AFA for the 2015-16 year.

Mali Docktor, president of the Alberta Society of Artists, said the funding increase for the 2016-17 and 2017-18 fiscal years is welcomed — last year's cuts took a toll on the organization's programming.

"I'm very happy to see this increase because it allows us to enhance our programming," she said. "The arts are the cultural fabric of Alberta, and we're usually the first to feel cuts, so this budget gives us hope that it's going to be better."

$76M

The budget will also provide $76 million in support for creative industries, with $37 million for the Alberta Media Fund.

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Logistics defy refugee vow

Each day this week, Metro is taking an in-depth look at some of the immediate items on prime minister-designate Justin Trudeau's to-do list. Today, we examine his promise to bring 25,000 government-sponsored Syrian refugees to Canada by year-end.

Michael Woods
Metro | Ottawa

Refugees who came from Croatia wait in the border town of Rigonce, Slovenia, on Tuesday. Many are seeking higher living standards away from conflict cross the Croatia-Slovenia border on their way into Europe. STIPE MAYIC/ANADOLU AGENCY/GETTY IMAGES

When the Syrian refugee crisis seized the federal election campaign in early September, Justin Trudeau's proposal was arguably the most ambitious of the party leaders: He promised the Liberals would bring 25,000 government-sponsored Syrian refugees to Canada by the end of the year.

Refugee experts and advocates now say while that target is laudable, resettling them all by the end of the year would be logistically difficult.

"We don't think the government should get too hung up on making sure that it happens by the end of the year," said Janet Dench, executive director of the Canadian Council for Refugees. "It's better to take a few extra weeks and get it right than to rush just to meet an arbitrary deadline."

The Syrian conflict has displaced 11 million people since 2011, 4 million of which have fled beyond Syria's borders.

The United Nations High Commissioner for Refugees, upon which Canada relies for refugee referrals, is overwhelmed by applications and hasn't been able to refer refugees to Canada in significant numbers.

Once refugees are referred to Canadian authorities, they have to go through criminal, medical and security checks.

Then there's the matter of actually bringing them here. Transportation arrangements, reception, accommodations, English or French lessons, bank accounts — all this work is done through the co-ordination of various levels of government, non-government organizations and community groups.

Trudeau PROMISES TRACKER

PART III

- GENDER PARITY
- TAXATION
- REFUGEES
- CLIMATE
- INDIGENOUS WOMEN

Upping Canada's intake can be done faster, but it shouldn't be rushed to meet a year-end deadline, experts said.

"We have really expert people on the ground that can do all this, but they need some lead time," said Naomi Alboim, chair of the Policy Forum at Queen's University's School of Policy Studies, and a former Ontario deputy minister of immigration. "A matter of weeks is not sufficient lead time to turn an operation like this on a dime."

Alboim helped oversee Canada's resettlement of Indochinese boat people over two years in 1979 and 1980. That well co-ordinated effort saw Canada take in 60,000 people over two years.

The Syrian crisis presents new challenges. For example, the Indochinese refugees were mostly in camps. But most Syrian refugees aren't in camps and are thus harder to find and process.

"The Syrians are living in fields and barns and basements, and there's no organizational infrastructure for the refugees, and some environments are not terribly secure," Alboim said. "A visa officer can't walk down the street and say, 'Any Syrian refugees want to come to Canada? Line up here.'"

The Canadian Council for Refugees, in an open letter to Trudeau, recommended he convene a national meeting involving all orders of government and other groups to plan Canada's resettlement of Syrian refugees. It also asked him to introduce flexible measures, such as temporary resident permits, for Syrians with family already in Canada.

Instead of processing them overseas, "it's basically an evacuation program. You just bring them to Canada and you do the processing here if they wish to apply for permanent residence," Dench said.

Measures the Conservative government took during the campaign will also make a difference. Syrians and Iraqis fleeing conflict no longer have to prove they're refugees under UN rules, but will be presumed to be refugees by Canadian authorities. "That will expedite the process very significantly," Alboim said.

She added that Canada has also increased the number of visa officers in Beirut to 15 and has appointed two well-respected, veteran bureaucrats to co-ordinate the process in the civil service.

No one is suggesting we should put aside security in order to (bring in refugees).

Prime minister-designate Justin Trudeau, in Halifax in September

FOREIGN AFFAIRS

'Legend' Ken Taylor lauded at memorial

Family, friends and dignitaries that included prime minister-designate Justin Trudeau and one of his predecessors, Joe Clark, paid tribute Tuesday to Ken Taylor, Canada's former ambassador to Iran who garnered international fame for helping six Americans escape the country during the 1979 hostage crisis.

The ceremony heard him described as a fun-loving, generous man with a taste for fine brandy and fierce loyalty to his friends.

"My grandfather was simply a legend," granddaughter Kassia told those gathered in the large midtown Timothy Eaton Memorial Church in Toronto.

Taylor, 81, died on Oct. 15 in New York after being diagnosed in August with colon cancer. His wife Pat was by his side.

Clark, who authorized the November 1979 mission that saved the Americans from an Iranian mob that had stormed the U.S. embassy in Tehran, said Taylor's courage earned the admiration of people worldwide.

THE CANADIAN PRESS

TRUTH 80% OF DOMESTIC VIOLENCE VICTIMS ARE WOMEN

EU risks credibility in refugee response

BRUSSELS

Nations lashed for slow action on pledges

The European Union appealed to member countries Tuesday to deliver on promises to deal with the refugee crisis, warning that the EU's credibility is at stake.

More than 600,000 people have entered Europe by land and sea this year seeking sanctuary or jobs, overwhelming border authorities and reception facilities. More than 3,000 have died.

In response, EU leaders promised to share refugees from Italy and Greece, boost spending and send police, border guards and experts to help register arrivals.

But so far actions have not matched the speeches.

"The gap between the pledges and what is on the table must be reduced, otherwise we are losing all kinds of credibility," European Commission President Jean-Claude Juncker told EU lawmakers.

"Nine member states have let us know that they can soon relocate 700 people," Juncker said. "But let's not forget that we have a decision to relocate 160,000 refugees in need of international protection."

The EU's border agency Frontex has appealed for 775 experts to help register, screen and fingerprint people, but so far almost half that number has been pledged.

"Half is not enough, we need more," said Juncker, warning that funding and experts are "crucially essential if we want operational decisions to be implemented."

The Commission has now earmarked almost 10 billion euros ($11 billion) for spending on migration policy this year and next. THE ASSOCIATED PRESS

Migrants who have just crossed the border with Macedonia Tuesday in Preshevo, Serbia. MATT CARDY/GETTY IMAGES

INTERNATIONAL AID

UN pleads for help for 3.5M Syrians

The United Nations said Tuesday the worsening conflict in Syria has left 13.5 million people in need of aid and some form of protection, including more than six million children.

U.N. humanitarian chief Stephen O'Brien told the Security Council that the figure represents an increase of some 1.2 million people in just 10 months, and with winter fast approaching the situation for many families is likely to deteriorate.

"This is one of the largest displacement crises of modern times," he said. "Fighting and violence has forced over half of the people in Syria from their homes in a period of just over four years, many of them multiple times."

O'Brien said there are now some 6.5 million people displaced inside Syria, including well over 1.2 million so far this year and over 120,000 who have fled their homes in the country's north since early October as a result of aerial bombardment and ground offensives. Russia's aerial campaign in support of Syrian President Bashar Assad's government has enabled government troops to launch a new campaign in the north.

O'Brien said 4.2 million Syrians have fled the country, including an increasing number risking dangerous boat trips to reach Europe. He said over 50 per cent of the 680,000 people arriving in Europe via the Mediterranean in 2015 are Syrian. THE ASSOCIATED PRESS

A Syrian mother hugs her children after arriving in Greece. THE ASSOCIATED PRESS

IN BRIEF

UN resolution condemns U.S. embargo on Cuba

The United States on Tuesday voted against a UN resolution condemning its embargo on Cuba, even though President Barack Obama has called on Congress to lift trade restrictions. The General Assembly voted 191-2 to condemn the embargo against Cuba, the highest number of votes ever for the measure. Only Israel joined the U.S. in opposing the resolution, and when the vote lit up on the screen many diplomats jumped to their feet in a standing ovation. Cuba's Foreign Minister Bruno Rodriguez told media he was "disappointed" but that "Cuba will continue to do its best to improve relations with the United States." THE ASSOCIATED PRESS

AFRICA LIONS DECLINING A lion on the prowl in Senegal's Niokolo-Koba National Park. This image, captured by Philipp Henschel of the New York-based research group Panthera, is a rare sighting that may become rarer still, as research published Monday shows sharp declines in nearly all lion populations in West and Central Africa. It says both regions could lose half their lions within the next two decades.
PHILIPP HENSCHEL/PANTHERA VIA THE ASSOCIATED PRESS

Quake zone getting relief

AFGHANISTAN, PAKISTAN

Responders go on foot to most remote areas as toll rises

As the death toll in the massive earthquake that struck the remote Hindu Kush mountains soared above 300, officials on both sides of the Afghan-Pakistan border warned on Tuesday that casualty figures will likely leap once relief workers return from villages so remote they can only be accessed on foot or by donkey.

Rescuers in both countries were struggling to reach quake-stricken regions as officials said the combined death toll from Monday's earthquake rose to 376.

Authorities said 258 people died in Pakistan and 115 in Afghanistan in the magnitude-7.5 quake, which was centred in Afghanistan's sparsely populated Badakhshan province that borders Pakistan, Tajikistan and China. Three people died on the Indian side of the disputed region of Kashmir.

The earthquake, with its epicentre close to the Badakhshan district of Jarm, damaged many of the few existing roads, officials said. Dropping aid by air will be the only way to reach many of the needy, but those operations were not likely to start for many days until survey teams on foot return and report on the damage.

The Pakistani town closest to the epicentre is Chitral.

Monday's quake shook buildings in the capital, Islamabad, and cities elsewhere in Pakistan and Afghanistan for up to 45 seconds in the early afternoon, creating cracks in walls and causing blackouts.

The earthquake destroyed more than 7,600 homes across Afghanistan and injured 558 people. Badakhshan Gov. Shah Waliullah Adeeb said more than 1,500 houses there were either destroyed or partially destroyed.

Food and other essentials were ready to go, he said, but "getting there is not easy."
THE ASSOCIATED PRESS

IN BRIEF

Deer walks into hospital ER after being hit by a car
A deer apparently hit by a car brought itself to a Rochester, N.Y. hospital. The deer walked through the automatic doors at the entrance to Strong Memorial Hospital's emergency room late Monday afternoon and made it 20 feet down a corridor before being corralled. Two sheriff's deputies happened to be there and, with hospital public safety officers, strapped the deer to a gurney and wheeled it out to the parking lot. One of the deputies put down the deer.
THE ASSOCIATED PRESS

Police pull over hearse, find coffin full of caviar
Police in Russia's far east stopped a speeding hearse — to find half a ton of caviar stashed inside, hidden under the wreaths lying next to a casket and inside the otherwise empty casket. The driver and his partner told police they'd been hired by a man allegedly to take the casket with the body of a female relative to a city morgue. Police are considering charges for illegal production and distribution of caviar, which is strictly regulated in Russia.
THE ASSOCIATED PRESS

Witch charges warlock with harassment
Lori Sforza, 75, who runs a Salem, Mass., witchcraft shop and leads a pagan church, filed for court-ordered protection against harassment from former business partner Christian Day, 45, whose website calls him the "world's best-known warlock." Sforza accused Day of harassing her online and by phone. A judge is scheduled to hear the case on Wednesday to decide whether Sforza's allegations amount to harassment and if she needs court protection.
THE ASSOCIATED PRESS

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DARE TO DIG DEEPER WITH UNITED WAY AND ADDRESS ROOT CAUSES OF DOMESTIC VIOLENCE
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BORDER SECURITY

Sneaky snowbirds to get wings clipped

Snowbirds beware: The federal government will use its planned border exit-tracking system to avoid paying hundreds of millions of dollars in social benefits now going to people who shouldn't receive them due to absences from Canada.

Newly obtained memos say the Canada Revenue Agency and Employment and Social Development Canada expect to save between about $194 million and $319 million over five years once the long-anticipated system is fully in place.

Under the 2011 perimeter security pact, Canada and the United States agreed to set up co-ordinated systems to track entry and exit information from travellers.

The first two phases of the program have been limited to foreign nationals and permanent residents of Canada and the United States, but not citizens of either country.

The initiative was to be expanded by June 30 of last year to include information-sharing on all travellers crossing the land border. In addition, Canada planned to begin collecting information on people leaving by plane — something the United States already does.

A summer 2014 memo, recently released under the Access to Information Act, says savings can be expected through "preventing abuse and eligibility fraud" with respect to the employment insurance, old age security and child tax benefit programs by ensuring Canadian residency requirements are fulfilled.

THE CANADIAN PRESS

market minute

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75.38¢ (-0.59¢)

TSX
13,699.60 (-91.30)

OIL
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GOLD
$1,165.80 US (-40¢)

NATURAL GAS: $2.092 US (+3.0¢)
DOW JONES: 17,581.43 (-41.62)

IN BRIEF

Tim Hortons' profit grows

New menu items at Tim Hortons — like the grilled breakfast wrap and Creamy Chocolate Chill — gave its owner an extra boost in the third quarter. Restaurant Brands International, owner of both Tim Hortons and Burger King, reported Tuesday that its profit grew to $49.6 million US in the period. THE CANADIAN PRESS

Roots co-founders with their new partners at the flagship store in Toronto on Tuesday: from left, Roots co-founder Michael Budman, Searchlight co-founders Erol Uzumeri and Eric Zinterhofer, and Roots co-founder Don Green. CNW GROUP/ROOTS CANADA LTD.

Brand is expected to stick to its Roots

RETAIL

Strong ties to Canada good for company, observer says

Jessica Smith Cross
Metro | Toronto

The sale of a majority stake in Toronto-based Roots Canada to an international private equity firm will help spread Canadiana around the world, one expert says.

David Soberman, a marketing professor at University of Toronto's Rotman School of Management, said Roots has become associated with Canadian Olympic gear. But, otherwise, it's been very dormant.

"One of the things that brands need to do is create excitement from time to time," Soberman said.

The acquisition by Searchlight Capital is expected to help create that excitement. Exactly how that will happen remains to be seen. Officials with Roots declined interviews Tuesday, the day after the sale was announced.

But having the brand squarely associated with Canada works in the company's favour, Soberman said.

> **If you get successful enough and others want to buy you or buy what you are, that's actually a vote of confidence.**
> David Soberman

"Canada's image worldwide is pretty good," he said. "We're non-threatening and seen as welcoming, these are positives, and we have this image of being quite natural and wildlife and all that — those are things that people like."

Even though Searchlight Capital is an international company, Roots will remain based here and its brand is expected to remain much the same.

"Brands are really created through their heritage and the experience people have with them," said Soberman. "If you get successful enough and others want to buy you or buy what you are, that's actually a vote of confidence."

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Notice of Hearing For Permanent Guardianship Order To
Tonya McNab

Take notice that on the **6th day of November 2015 at 2:00 p.m., at Calgary Family Court, Courtroom #1205, 601 – 5th Street SW, Calgary, Alberta,** a hearing will take place.

A Director, under the Child, Youth and Family Enhancement Act will make an application for: **Permanent Guardianship Order**; of your children born on **April 8, 2010, January 21, 2013 and January 21, 2015**. If you wish to speak to this matter in court, you MUST appear in court on this date. You do have the right to be represented by a lawyer. If you do not attend in person or by a lawyer, an Order may be made in your absence and the Judge may make a different Order than the one being applied for by the Director. You will be bound by any Order the Judge makes.

You do have the right to appeal the Order within 30 days from the date the Order is made.

Contact: Jackie Ellice; Leanne Baines; Daniella Eggink
Calgary Region, Child and Family Services
Phone: (403) 297-2978

metro VIEWS
Your essential daily news
Wednesday, October 28, 2015

URBAN ETIQUETTE ELLEN VANSTONE

THE QUESTION

My cubicle is beside a co-worker I really like. But he has really bad B.O. It has been worse lately because his fiancée broke up with him. He smells like he has not showered for a while. Should I say something?

Ani Castillo

Dear Ellen,

I work in an office. My cubicle is right beside a co-worker who I really like and think of as a valuable work friend, but he has very bad B.O. It has been worse lately because his fiancée broke up with him. He smells like he has not showered for a while. He also smells like he is smoking and drinking a lot. And he even has a bad cat smell on him, like he got sprayed by a tomcat or something. Seriously, one day my eyes were actually stinging and I had to keep getting up and pretend to get coffee, etc.

Should I say something to him?

Raya, Calgary

Dear Raya,

Strictly speaking, it is not good manners to tell a co-worker that they literally stink. But if you're working with someone who reeks of rancid perfume or who repeatedly skips showering after a hard workout at the gym, you are perfectly entitled to speak up. If they are reasonable individuals who respect their co-workers, they probably don't even realize they're giving offence, and all it will take is a private, tactful word to solve the problem. If, on the other hand, they are arrogant, boorish idiots who don't care how offensively smelly they are, you can take the problem to human resources or a manager and hope that works.

In a case as extreme as this one, however, either approach might be dangerous — for you as well as your co-worker. Judging by your description, romantic rejection has pushed him close to the edge. If he feels attacked by HR or a manager about his personal hygiene, it could send him right over it.

And if he's bearing any repressed anger toward his ex, no amount of tact on your part is going to make criticism of his current state acceptable. Think about it: He's falling apart because one woman seems to have deemed him subpar as a life mate. Now he's at work, perhaps the last place he feels safe, and another woman walks up and deems him subpar as a workmate.

This doesn't mean you have to suffer in silence. It just means you have to find another way to deal with it.

The first step is to blame the cat. If your eyes are stinging, and you give them a little rub so they look even redder, and if you can manage a stifled sneeze or two, you can tell your friend you have a severe cat allergy. Usually it's not a problem (you can explain), but maybe lately his naughty cat has been sleeping on his clothes and leaving a lot of dander that now seems to be floating around the office? It's more likely your friend is passing out drunk and fully clothed each night in the filthy, hairy cat bed, then coming to work in the same outfit, but you don't need him to admit this. Your question just needs to remind him what's happening, and this may be enough to inspire him to start changing his clothes once in a while, which is a good start to the odour problem.

Admittedly, this step will be a little tricky if you own one or more cats yourself, and you have pictures of them all over your desk. But the fact is, some breeds are worse than others when it comes to dander, so it's worth a try.

The second step is to address your friend's mental state rather than his physical state. Rather than comment on his appearance or avoid him altogether, take him out for a coffee and tell him he's seeming a bit rough these days psychologically. Ask how he's coping with the breakup, and tell him you're always there if he wants to talk.

It may take a bit of effort, but sometimes good manners do. And if your support can pull him out of his downward spiral and eventually get him to take a shower, it'll be a win-win for you both.

Need advice?
Email Ellen:
scene@metronews.ca

ROSEMARY WESTWOOD
metroview

Thanks to Ai Weiwei, Lego can't build a politics-proof brand

You know it as a synonym for your childhood.

Now, consider Lego: enemy of Ai Weiwei.

The star Chinese artist has never been one to go gently. And despite accusations he's softened his stance on the Communist government (he said they now have "a basis of trust" after authorities dropped his travel ban), Ai is going hard on the maker of colourful building blocks.

And for Lego, it's lose-lose.

In September, the company refused to sell an Australian museum a bulk order of Lego — Ai's chosen material for an upcoming show.

Lego's reason, according to Ai and later confirmed by a spokesman: "They cannot approve the use of Legos for political works."

That alone doesn't seem to have sparked the artist's outrage. Ai only posted about the put-down after the announcement of a Legoland amusement park to be built in Shanghai. He accused Lego of censorship and discrimination. He drew connections to its corporate interests in China, and its refusal to help the country's most famous dissident.

And Ai's fans — a bona fide international force — responded. They're donating Lego in Beijing, Melbourne and Berlin. Ai has "decided to make a new work to defend freedom of speech and 'political art,'" he wrote on Instagram.

Lego has been taking heat on Twitter, and offered a contradictory and unconvincing response: "We respect everyone's right to creative expression, we don't censor, prohibit/ban creative use of LEGO bricks." Anyone can buy as many bricks as they want, the company wrote, "We just can't offer direct bulk purchases to facilitate such projects. We hope this helps to explain things!"

Despite the "!" — no, Lego, it doesn't. "Just can't" isn't a lucid corporate policy — it's teenage speak for "don't wanna." And as Ai pointed out, the refusal gives plastic blocks far too much credit.

Lego reportedly pleased China (a lucrative market), earning praise from state-run media. But that doesn't make this a Lego win.

With his godlike pop-culture status, his global reach and compulsive use of Twitter and Instagram, Ai, himself is a force to be reckoned with. He could damage the innocence of Lego's brand. Chinese authorities make or break a Legoland project in Shanghai, but Ai's influence spans the globe. Everything that touches him turns political. And no one and nothing that touches him can stay out of it.

"The Internet is like my canvas," he told the New York Times. And whether Lego likes it or not, Ai will use its toys, and take to its brand with his brush.

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New York state to allow dogs to join humans on restaurant patios

RECIPE EXCERPT CHICKEN WINGS: 70 UNBEATABLE RECIPES FOR FRIED, BAKED AND GRILLED WINGS, PLUS SIDES AND DRINKS

Southern-style Cola Wings

Popular in the Southern states, Cola Wings are basted and covered with a cola-based BBQ-style sauce

SERVES 4-6
Great with blue cheese dipping Sauce

- 4 lbs. chicken wings, halved at the joints, tips removed
- 2 cups brown sugar (light or dark)
- 2 cans of cola or root beer
- 3 onions, chopped
- 2 shallots, finely chopped
- 4 garlic cloves, finely chopped
- 4 Tbsp soy sauce
- 1/4 tsp freshly ground black pepper
- pinch of salt
- 2 tsp cornflour/ cornstarch

Preheat the oven to 180 C

In a medium bowl, combine the brown sugar, cola or root beer, onions, shallots, garlic, soy sauce, pepper and salt.

Place the wings in a large, deep casserole or roasting dish. Pour over the cola mixture. Bake for 1 1/2 – 2 hours or until the juices run clear when the thickest part is pierced to the bone. Turn the wings occasionally during cooking, to ensure they do not burn or brown too much.

Remove the wings from the dish and set aside.

Pour the soda mixture into a small saucepan and heat. Place the cornflour in a small bowl, add some of the warm sauce, and mix to form a loose paste.

Pour this back into the pan with the remaining sauce and cook over a low-medium heat until the sauce has thickened to the desired consistency.

Toss the wings in the sauce and serve with Blue Cheese Dipping Sauce.

CHICKEN WINGS BY CAROL HILKER,PHOTOGRAPHY BY TOBY SCOTT, IS PUBLISHED BY RYLAND, PETERS & SMALL. $29.95

Chicken Wings: 70 unbeatable recipes for fried, baked and grilled wings, plus sides and drinks by Carol Hilker is the perfect go-to recipe book for game night, but with 70 recipes, it'll serve well in a variety of entertaining scenarios.

MAKES FOUR

Fluffy Buttermilk Waffles

These waffles are fluffy due to their buttermilk base and are fantastic served with chicken or slathered with maple syrup for breakfast (or for dessert!).

As a variation, you can stir grated Cheddar cheese into the batter just before cooking.

- 1 3/4 cups plain/ all-purpose flour
- 2 tsp baking powder
- 1 tsp baking soda/ bicarbonate of soda
- 1 Tbsp sugar
- 1/2 tsp salt
- Extra-large eggs, at room temperature
- 1 tsp vanilla extract
- 1 1/2 cups buttermilk, at room temperature
- 1 stick unsalted butter, melted and cooled

Heat up the waffle iron according to the manufacturer's instructions.

In a large batter bowl, combine the flour, baking powder, baking soda/ bicarbonate of soda, sugar and salt, stirring well to combine the ingredients. Create a depression in the centre of the dry ingredients.

Beat the eggs in a large measuring cup or medium bowl until frothy and well combined. Add the vanilla extract, buttermilk and cooled butter. Beat until well combined.

Pour the buttermilk mixture into the dry ingredients' depression and stir rapidly with a wooden spoon until well combined. There will be an immediate chemical reaction between the buttermilk and the dry ingredients, creating a thick, rich batter honeycombed with air bubbles.

Using the wooden spoon, push one quarter of the batter onto your waffle-iron plates and bake according to the waffle iron instructions or until the steam stops rising from the waffle iron.

Eat healthy this fall with homey veggie oven hash

HOME COOKING

This vegan and gluten-free dish is filling and delicious

As we head into crisper weather, there are classic dishes that beg to be made this time of year. One favourite is a roasted vegetables — a dish that's tasty, and full of nutrients, too.

To make it happen, use a mix of roasted vegetables for a caramelized sweetness that feels toasty and homey. Add meaty mushrooms sautéed in garlic and the trifecta of cooking herbs: rosemary, sage and thyme. A Granny Smith apple cut into tiny cubes brings just enough acid for depth, while a surprise little hero tucked into the recipe — toasted walnuts — adds texture, along with some nice healthy fats to fill up vegetarians.

Your vegan or gluten-free eaters will feel sated.

VEGGIE OVEN HASH, BY MELISSA D'ARABIAN

Start to finish: 40 minutes
Servings: 8

- 2 1/2 cups (3/4 pound) cubed butternut squash (1-inch cubes)
- Olive oil
- Kosher salt and ground black pepper
- 2 cups (1/3 pound) small cauliflower florets
- 2 cups (1/3 pound) small broccoli florets
- 1 medium yellow onion, chopped
- 2 stalks celery, chopped
- 4 cloves garlic, minced
- 8 ounces cremini mushrooms, sliced (cut in half if slices are larger than bite-sized)
- 1 Granny Smith apple, peeled, cored and diced
- 2 tablespoons chopped fresh thyme
- 1 tablespoon minced fresh rosemary
- 1 tablespoon minced sage
- 1 tablespoon lemon juice
- 1/2 cup toasted walnuts, roughly chopped

Heat the oven to 400 F. Line two rimmed baking sheets with kitchen parchment or foil.

Mound the squash on one of the prepared baking sheets then drizzle with about 1 teaspoon of oil. Toss to coat, then season with salt and pepper. Arrange in an even layer, then roast until tender, 30 to 35 minutes, turning once or twice.

While the squash is roasting, mound the cauliflower and broccoli on the second sheet. Drizzle them with 2 teaspoons of oil, season with salt and pepper, then arrange in an even layer and roast for 25 minutes, turning halfway through, or until the cauliflower is golden. All of the vegetables should finish roasting around the same time. Set aside to cool.

Meanwhile, in a large pan over medium, heat 1 tablespoon of oil. Add the onion and celery and cook until translucent, about 5 minutes. Add the garlic and mushrooms, then sautee until the mushrooms are starting to get tender, about 7 minutes. Add the apple, thyme, rosemary and sage, then cook another 5 minutes, or until the mushrooms are tender (but not floppy).

Stir in the lemon juice, remove from the heat and transfer to a large bowl.

Add the slightly cooled roasted vegetables and the toasted walnuts. Stir and adjust seasoning if needed.

Nutrition information per serving: 140 calories; 80 calories from fat (57 per cent of total calories); 8 g fat (1 g saturated; 0 g trans fats); 0 mg cholesterol; 150 mg sodium; 16 g carbohydrate; 4 g fiber; 6 g sugar; 4 g protein.

Food Network star Melissa d'Arabian is an expert on healthy eating on a budget. She is the author of the cookbook, Supermarket Healthy.

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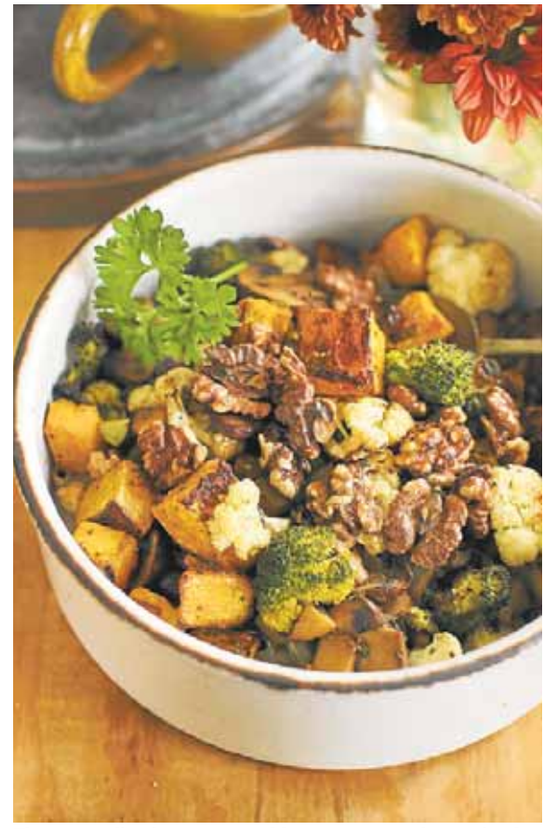

The caramelization process adds sweetness to these mixed vegetables. MATTHEW MEAD/AP PHOTO

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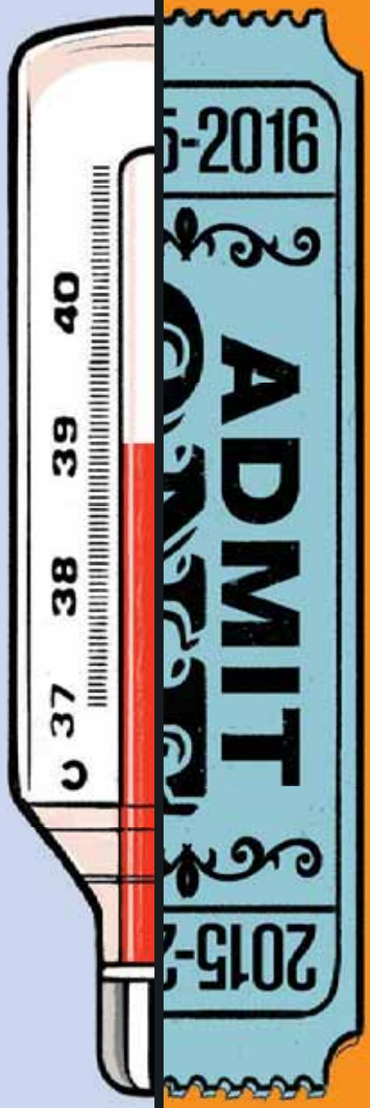

Vaccination is the #1 most effective way to reduce your risk of severe flu this year. Keep up with your plans this flu season.

Walk in to your local Shoppers and get your flu shot.

SHOPPERS DRUG MART

Party smartly this Halloween

HEALTH AND SAFETY

Take health scares out of Halloween with these tips

Eva Kis
Metro | New York

Halloween night's scares should all be in good fun. We've got the ingredients for making the celebration a little less frightful.

Keep an eye on the clock

Daylight Saving Time ends at 1 a.m. on Nov. 1, which seems like a good thing — an extra hour on the hardest partying night of the year is the best treat, right?

Maybe. It's easy to let the night take you where it wants, but you could end up getting sick from drinking longer than normal, or being tired enough to fall asleep on your way home on the subway, bus or cab.

While you do have Sunday to sleep off bad decisions, Monday morning will be a lot less cruel if you turn down at your usual 3 a.m., rather than when the clock says it's 3 a.m.

Rethink trick-or-treating

You don't have to give up Halloween's most hallowed tradition. If going to a club or other big event isn't your speed, organize your own party. The cocktails are easy — a little cranberry juice and anything is bloody; swap the tequila for mezcal and you've got instant smoke and spice; and instead of setting out bowls of candy, ask everyone to bring a home-baked treat. Set up all the pans and plates on various tables and surfaces around your home, and you've got adult trick-or-treating.

Be careful with coloured contacts

Don't make a decision on Halloween that you could regret forever. A recent study out of Japan found that several brands of non-prescription costume contacts contained chlorine and other harmful chemicals, likely from the dyes used on the lenses.

Contacts that don't fit your eyes can also scratch the cornea, which can cause infection and blindness. Get a prescription from an ophthalmologist, or find a different accessory.

The clocks turn back one hour on the night of Halloween, which may impact your party choices — for better or for worse. ISTOCK

Get home safely

If you're walking home and feel unsafe but can't rely on calling someone, there's an app that will let a friend virtually walk with you. Tell the Companion app (free, iOS and Android) your destination, and it can ping one of your contacts and send them a link to track you on a map.

If anything happens — you make a wrong turn, start running or the headphones are pulled out of the jack — the app turns the phone into a personal alarm system with loud sounds to scare off criminals and can even call 911. The person at the other end of the app also gets an alert.

FOOD BRIEFS

Baked, flavoured Kit Kat bars? Give me a break

Trick-or-treating may not be a widespread practice in Japan, though it's not for lack of tooth-rotting sweets.

Just in time for Halloween, Nestle has introduced bite-sized versions of some of its unusual varieties of Japanese Kit Kat bars, including sweet potato and pumpkin pudding. The flavours are strange, sure — though Kit Kat has also produced apple, edamame and wasabi versions. But what's intriguing is that you're encouraged to bake these bars before eating.

When the Kit Kats are baked at 350 F, just long enough for the tops to turn brown but not burn, they resemble something like crunchy, fresh-baked cookies, though not quite as satisfying. And While the pumpkin pudding-flavoured bars do offer a hint of pumpkin flavour, there were no discernible sweet potato notes in the other batch, whether eaten hot or cold.

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CLOVER LIVING: A COMMUNITY FOR ALL

Clover Living is an independent living and seniors supportive living facility aiming to make the most of where it's located and the multi-cultural mix of those that call this place home. Ideally situated — in Calgary's Chinatown — with the scenic Bow River and Sien Lok Park just out back, and easy access to transit, a spectacular river walkway and the nearby Eau Claire Market, Clover Living hopes to combine this strategic location with an active multi-cultural community — one for seniors from any background to call home.

CONTRIBUTED

Families, visitors and the nearly 100 current residents (with room for more, and up to 30 per cent of suites designated for those from any cultural background), give Clover Living a big thumbs up for its quality of service, care and recreational programs. Chinese, Western or combination meal plans are available, while the programming — exercise, games, special interest groups and outings-- addresses the increasingly multi-cultural mix of this vibrant community.

"Many of our residents already do speak English, and our cultural mix offers exposure to new ideas and exciting social opportunities," said Su. "Active living, both physical and social, promotes health and independence for our residents."

Clover Living residents are integrated with the community, whether donating items from the knitting club, participating in National Seniors Day or taking the bus to shop at the mall. Those interested in retirement living in an active and vibrant downtown community — families too — are welcome to book a tour at Clover Living. Call 403-290-1088.

STAR METRO Content Solutions

Well-rounded diet is key, as always

A diet high in vegetables is important when it comes to your health. ISTOCK

WORD OF MOUTH

Eating high quality foods and mostly veg still best advice

Theresa Albert
For Metro Canada

You knew it was coming: the news that bacon is carcinogenic along with its processed meat brethren of deli meats, smoked meats and hot dogs.

This week, the World Health Organization rocked your lunch world by placing processed meats in the highest carcinogen category (where cigarettes and asbestos reside) and cooked red meat in the second-highest (probable carcinogen) category.

Let's just be clear, this is not news. It is the confirmation of widely suspected information based upon the latest gathering of scientists with research to share with the endorsement of the respected World Health Organization.

Nothing has changed. The information is telling you that consuming these foods puts you at increased risk of cancers particularly of the colon. It does not say that biting into that sandwich will cause cancer.

To reduce your risk you (still) need to:

- Eat mostly vegetables.
- Consume high vitamin C fruits and vegetables with any smoked, cured, processed or cooked meat to mitigate the risk.
- If you are going to enjoy processed meats, you need to choose the best in class with the highest quality, lowest sugar, lowest salt amounts. One or two slices will be better (on many levels beyond carcinogenic concerns) than a sky high pile.
- If you are going to consume red meats (which this recommendation assessed as beef, mutton, pork, lamb, horse or goat), use low temperature, braised or stewed methods of cooking. High temperature direct pan frying or grilling creates more carcinogens.
- Reduce your overall amount of meat as low as possible. There are still protein, B vitamin and zinc nutrients that are beneficial and difficult to obtain elsewhere.

Theresa is an on-camera food and health expert, nutritionist and writer who loves to spread the word on food

LIQUID ASSETS

Pumpkin: Not just for lattes

Peter Rockwell
For Metro Canada

If you're a coffee fan you don't need a calendar; all you have to do is check out the chalkboard at your local café, or big box bean grinder, for the announcement that both fall, and pumpkin spice lattes, have arrived.

Think baristas are out of their gourd mixing pumpkin meat with their brew? Beer makers across Canada are doing the same. Just walk the craft beer aisles of your local liquor store.

Liqueur producers, who have never met a flavouring agent they couldn't work with, are also piecing together tipples with output from the veggie patch.

Starting with its original recipe of rum and Mexican-grown coffee beans, Kahlúa's Limited Edition Pumpkin Spice Liqueur ($14.99-$16.95) gets its autumn flavours on by adding pumpkin and other seasonal ingredients to the blend.

Drinking much like you would expect, it's a tasty way to add some punch to a martini or, if you're dressing-up as The Dude from The Big Lebowski this Halloween, your obligatory White Russian.

Prices reflect the range across the country. Some products may not be available in all provinces.

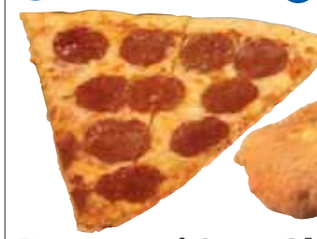
Rose Reisman EAT THIS

You know you're going to eat fast, so next time choose this not that

THIS WEEK: Pizza Pizza

Is there any type of food more beloved than Italian-inspired? With basic ingredients including tomato sauce and cheese, how can you go wrong? Pizza Pizza is a popular option for Canadians, with over 28 million pizza orders a year. Italian-inspired food fans will also love the classic panzerotti, a mouth-watering variation — think of an entire enclosed pizza stuffed with cheese, pepperoni and sauce. While a panzerotti may just seem like a pizza rolled up, it packs a lot more onto your waistline.

PICK THIS



Pepperoni & Cheese Pizza (2 slices)

Calories 480
Fat 16 g
Saturated fats 8 g
Sodium 1100 mg
Carbohydrates 66 g
Cholesterol 60 mg
Sodium 1100 mg

SKIP THIS

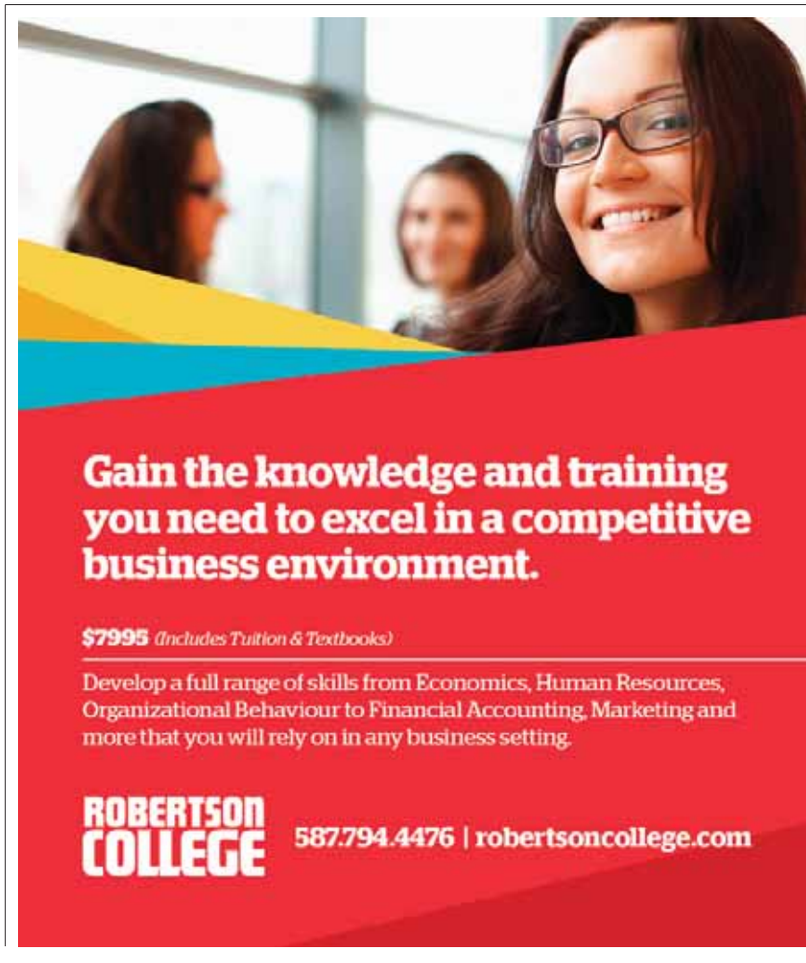
Cheese and Pepperoni Panzerotti

Calories 1160
Fat 40 g
Saturated fats 20 g
Carbohydrates 138 g
Cholesterol 120 mg
Sodium 2340 mg

HERE'S WHY

The fat equivalent of four servings of Penne Bolognese

While both items are made of dough, tomato sauce, pepperoni and cheese, the panzerotti is close to double the weight. The stats suggest only eating half a panzerotti, but as you are served a whole one, you'll most likely devour the entire thing! So that's double the dough, cheese and pepperoni. You're getting half your daily calories and fat and more than a day's worth of sodium. You could eat the equivalent of four servings of Penne Bolognese in fat. Mamma Mia!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metro DRIVE

Your essential daily news

Electric cars will be the norm by 2026, says leading futurologist Ian Pearson

Scion scores with iM model

REVIEW

Youth-targeted Scion is not the most powerful but affordable

Jil McIntosh
For Metro Canada

If you miss your Toyota Matrix, Scion has a car for you. As Toyota's entry-level and youth-oriented brand, Scion's past offerings have primarily been offbeat and inexpensive, but they could also feel cheap and tinny.

Now there's the iM, a hatchback that's priced like a Scion but feels more upscale than what you pay for it. In this case, it's $21,165 with a six-speed manual, or $21,990 with an automatic continuously variable transmission (CVT). As per Scion's pricing structure, it comes in a single trim line, although you can add a few dealer accessories such as a premium sound system or navigation.

The engine is a 1.8-litre four-cylinder that isn't the most powerful in the segment, and you will have to plan your passing manoeuvres, since it's slow to respond when you hit the pedal hard. Still, it builds its speed smoothly under normal driving, feels substantial, and is stable at highway speeds. It includes hill start assist, which holds the brakes for a couple of seconds on an incline, a great feature for those who are relatively new to a manual transmission (and even for those who have been driving one for a while).

The list of standard features includes a backup camera, dual-zone automatic climate control, eight airbags, cruise control, touchscreen stereo, and a 60/40 rear seat that folds flat for more cargo space.

Oddly, though, while you do get power-folding mirrors, there are no heated seats, a major omission for a car that needs to get through a Canadian winter. Scion says it may eventually offer them as a dealer-installed option.

The interior is nicely finished and the cabin is roomy, with front seats that were more supportive than I expected, and good rear legroom for the car's size.

The ride is smooth, the car handles well, and it's very quiet, thanks in part to an acoustic windshield. If you liked your Toyota Matrix — or your Pontiac Vibe, the GM version of it — then this might be the replacement you've been looking for.

> **There are no heated seats, a major omission for a car that needs to get through a Canadian winter.**

THE CHECKLIST | 2016 SCION IM

THE BASICS

Type. Four-door, five-passenger compact hatchback
Engine (hp/torque). 1.8-litre four-cylinder (137/126)
Transmissions. 6-speed manual or CVT
Price. $21,165 (manual); $21,990 (CVT)

JIL MCINTOSH/FOR METRO

COOL FEATURES

- Four-wheel disc brakes
- Rearview camera
- Cargo cover
- USB port and Bluetooth connectivity
- Driver's knee and passenger seat airbags
- Heated mirrors with integrated turn signals
- Keyless entry

POINTS

- The iM was named the Best Budget Car by the Women's World Car of the Year (disclosure: I'm a judge).
- The iM's price is higher than its competitors' base price, but it includes items that are extra-charge on others.
- Toyota expects that by next year, the iM will make up 56 per cent of all Scion sales.

MARKET POSITION

Scion hasn't been a huge hit so far in Canada, and the company is moving it ahead by trimming slow-selling models, adding 50 new dealers, and rebranding it as "Scion by Toyota."

THE COMPETITION

Honda Fit
Base price: $14,730

Hyundai Elantra GT
Base price: $18,549

Ford Fiesta
Base price: $15,399

SAFETY

Hands-free systems still a distraction: Study

According to new data from the American Automobile Association, even in-car systems that use voice commands so that a driver can keep two hands on the wheel and two eyes on the road could cause a 27-second distraction after use.

Hands-free isn't always distraction-free. In fact, depending on the smartphone or in-car infotainment system, and the nature of the voice command, the AAA claims that a car could have covered the length of three football fields before the driver's focus is fully on the road again.

"The lasting effects of mental distraction pose a hidden and pervasive danger that would likely come as a surprise to most drivers," said Peter Kissinger, president and CEO of the AAA Foundation for Traffic Safety. "The results indicate that motorists could miss stop signs, pedestrians and other vehicles while the mind is readjusting to the task of driving."

The AAA tested the hands-free systems available in 10 new cars on sale in the U.S. and also examined the effectiveness of Siri Eyes Free on the iPhone, the Cortana assistant on Microsoft's handsets and the Google Now app on an Android phone.

The systems were used for controlling the stereo, making a call or dictating a text message, and though some performed better than others, all systems tested increased mental distraction to "potentially unsafe" levels.

Using a five-point scale to rate distraction levels where 1 is equivalent to listening to the radio while driving and category 5 is trying to solve a scientific problem designed specifically to overload a person's mind while driving and cause distraction, the best performing in-car system registered 2.4 — that equates to being mentally impaired for 15 seconds. The worst-performing registered 4.6 — a 27-second impairment. As for smartphones, Google Now achieved a category 3.3 distraction, Apple Siri scored 3.7 and Microsoft Cortana 4.1.

"Drivers should use caution while using voice-activated systems, even at seemingly safe moments when there is a lull in traffic or the car is stopped at an intersection," said Mosher. AFP

A driving and texting simulator in New York City aims to show the consequences of distracted driving. But new data suggests even hands-free isn't always distraction-free. GETTY IMAGES FILE

3 THINGS AT THE 2016 TOKYO MOTOR SHOW

Japan's biggest single automotive showcase may only come around once every two years but no other international motor show promises the same mix of the outlandish and outright ingenious. AFP

Sports car concepts, like the Toyota S-FR, are going to be big at this year's show. TOYOTA

1 A sporting chance of production

Mazda is bringing a sports coupé concept to this year's show and there's a good chance the car could lead to a new RX8 production vehicle, complete with a rotary engine. All that Mazda will say is that the design references the company's great sports cars of the past while also looking to the future.

Toyota is being far less coy about its S-FR concept. A lightweight 2+2 coupe with rear-wheel drive and potentially excellent handling, it is expected to challenge the Mazda Miata MX5 in terms of price and performance.

Teatro for Dayz concept car: A car designed for the next generation of drivers. NISSAN

The Mitsubishi eX concept sports an augmented reality windshield and an electric motor. MITSUBISHI

2 Complete autonomy

One of the most intriguing cars at this year's show will be Nissan's Teatro for Dayz concept, which attempts to understand what the next generation of road users will want from a car. A complete blank canvas, it jettisons all current design motifs so that the owner can instead project his or her own personality on it, inside and out.

The Mitsubishi eX Concept is much more conventional by comparison but will showcase the company's latest innovations in battery technology and will debut an augmented reality windshield that brings autonomous and connected car features to drivers without the associated distractions.

Suzuki and Lexus will be showcasing luxury, as in the Suzuki Air Triser concept. SUZUKI

3 The lap of luxury

This year's show coincides with Lexus's 25th anniversary and the premium marque is marking the occasion with a show car that represents "progressive luxury." It will also give the clearest sign of what the next-generation LS — the company's flagship executive sedan — will be offering in order to compete with the Mercedes S Class and BMW 7 Series.

Suzuki will be showing something called the Air Triser, which is an exercise in packaging as well as comfort, and brings an executive lounge feeling to the interior of a compact MPV.

Ford

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Bond movies still gunnin' it in style

AUTOPILOT

Her Majesty's Secret Service always good for cool rides and smash-ups

Mike Goetz
For Metro Canada

The new James Bond flick, Spectre, gets released next week in Canada and — spoiler alert — there is a car chase at some point.

But I guess a James Bond film without a car chase is like a Harry Potter film without pointy hats, or a Nicholas Cage film without over-acting.

The big car chase and resultant smash-up takes place on the streets of Rome and Vatican City and cost a reported $48 million, more than 10 per cent of the film's $403-million overall budget. So it's probably a pretty good car chase and smash-up.

Bond's ride is an Aston Martin DB10. You can't walk into an Aston Martin dealership and drive away with a DB10. Aston Martin unveiled a concept car earlier this year called DB10, to show the styling direction for the next generation of Aston Martins, particularly the coming successor to the current DB9 production car. Analysts speculate the DB9 successor will be called a DB11, making the DB10 pretty much a Bond thing.

Aston Martin made 10 examples for the film, obviously specially modified for all the movie hijinks. As part of a new agreement between Mercedes-Benz and Aston Martin, the DB11 is expected to use versions of the German automaker's powertrains, but the Bond DB10s are equipped with the English automaker's current V8 and six-speed manual transmission.

In the trailer we see Bond, played again by Daniel Craig, meeting his government-issue Aston Martin DB10 for the first time. He gets the walk-around from Q, played by Ben Whishaw, who remarks how the Aston can rip from 0-60 mph in 3.2 seconds, and how it has "a few little tricks up her sleeve."

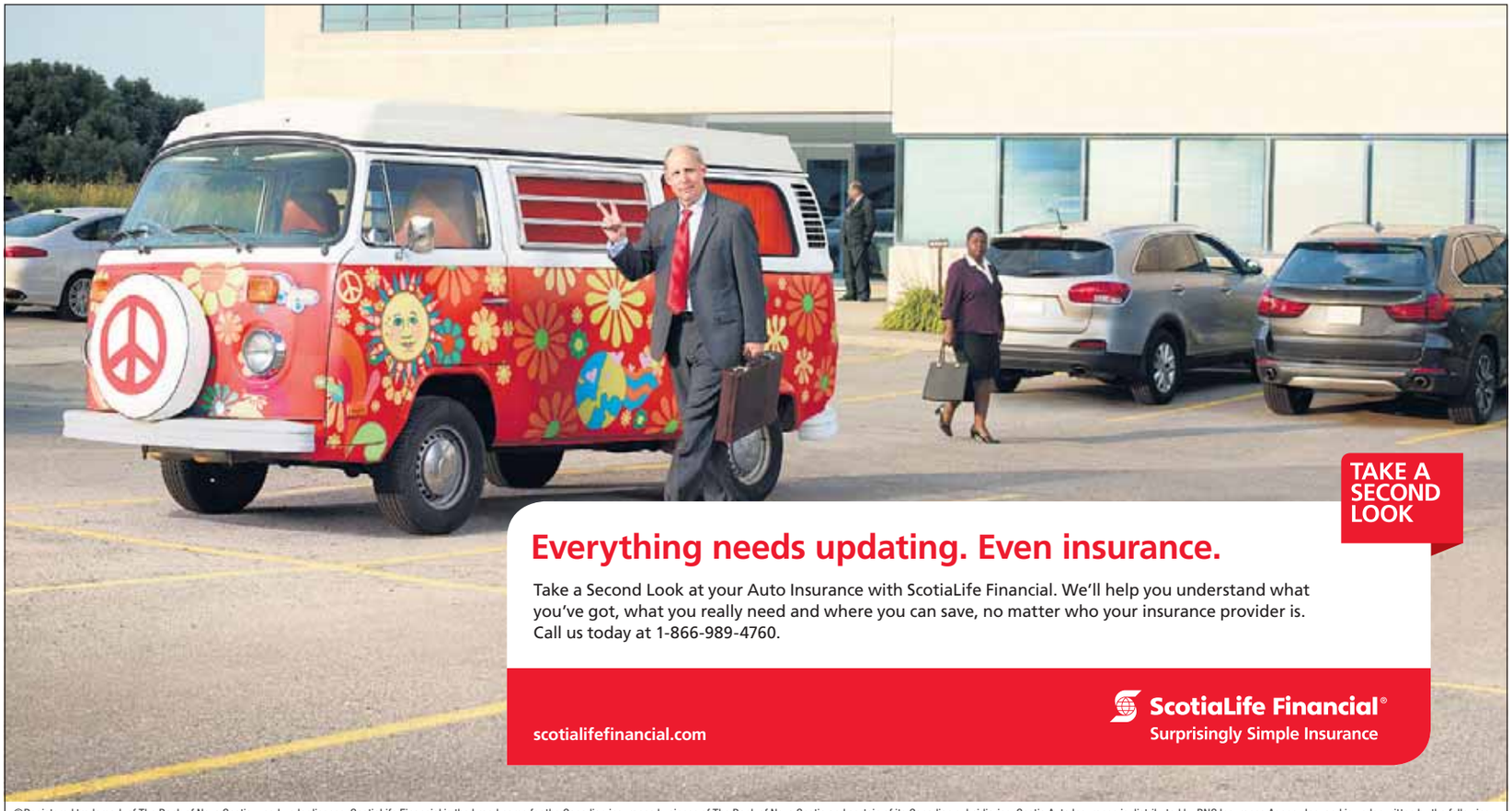
The Jaguar C-X75, seen above with actress Naomie Harris, has a pivotal role in the new 007 film Spectre. Left: The Aston-Martin and Bond (in this case played by Pierce Brosnan) is an iconic combination. JAGUAR; LEFT: ASTON MARTIN

We'll have to wait for the movie to see those tricks, but I'm guessing they're a grade up from the tricks found on the original Bond Aston Martin, that famous DB5 that Sean Connery's Bond received from Q in 1964's Goldfinger. That DB5 was famously fitted with injector seat, machines guns, tire slashers, rotating licence plate, bulletproof glass and what-not, and became the archetypical super-agent screen car.

In the new movie's big chase scene, Mr. Hinx, a high-ranking SPECTRE member and super-assassin, pursues Bond with an equally rare and exciting beast — a Jaguar C-X75.

The Jaguar C-X75 is also strictly a concept car, debuting with four electric motors, and two micro-turbine engines exclusively for charging the battery pack. While the Hinx C-X75 movie car stays faithful to the concept's styling, underneath is a racecar chassis and Jaguar's super-charged 5.0-litre V8.

While I'm generally indifferent to product placement in movies, I can really get behind the product placement that you see with all the vehicles in Bond movies. Especially when you get the double-whammy of seeing cool and exclusive vehicles in high action, and then also get to see some of them get blown up or destroyed in spectacular and creative ways. What's better than that?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Ford turning it up to 11

TEXT AND IMAGES BY WHEELBASE MEDIA

MORE AND MORE GEARS

10-, 11-speed transmissions in Ford's future

Ford has made a patent filing for an 11-speed automatic transmission, in three variations with differing combinations of gears, clutches and brakes. The company had already confirmed plans to launch an all-new 10-speed transmission in its aluminum-bodied F-150 pickup truck in 2016. Along with direct fuel injection, lightweight construction and downsized engines fitted with turbocharging, advanced transmissions are helping automakers meet ever-tightening corporate average fuel economy standards without resorting to electric and hybrid powertrains.

UPCOMING

To date, Ford's 10-speed automatic has only been confirmed for the 2017 F-150 Raptor high-performance truck (pictured), but should eventually spread across the rest of the F-150 truck lineup.

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FUEL-EFFICIENT CAR

Sedan in the works for the 2017 Mirage lineup

After skating through the 2016 model year unchanged, Mitsubishi's frugal Mirage subcompact will be refreshed early next year as a 2017 model. Car and Driver magazine reports the updated Mirage will likely get a redesign of its frontal styling that ties it more visually to the redesigned 2016 Mitsubishi Outlander tall wagon. Also for 2017, the five-door hatchback Mirage (current model pictured) reportedly will be joined by a four-door sedan, giving it a lineup to rival its main contenders, the Ford Fiesta and Hyundai Accent.

SURVEY

Most EV drivers say they'll be lifers

A new survey by Ford suggests that nine out of 10 electric-car drivers will not go back to cars with internal-combustion engines.

Ford polled 10,000 drivers of battery-electric and plug-in hybrids. Ninety-two per cent of battery-electric drivers and 94 per cent of plug-in hybrid drivers plan to buy another electrified car as their next vehicle.

Stephanie Janczak, Ford's manager of electric-vehicle infrastructure and technology, told alternate-energy news website CleanTechnica that most current drivers of all-electric cars said they would stay electric, while plug-in hybrid owners were more inclined to consider switching to an all-electric.

The driving experience and an appreciation of clean technology were cited as the main reasons for staying electric, she said.

NEXT GENERATION

New Prius boosts size, fuel economy

Less than a year after selling its seven-millionth gas-electric hybrid car, Toyota has crossed the eight million mark, demonstrating its continuing global domination of the hybrid market. Those eight million cars, the company says, have saved a combined 58 million tons of carbon dioxide emissions that would otherwise have gone into the atmosphere. The sales figure represents vehicles from Toyota and its luxury Lexus brand. Toyota meanwhile debuted its next-generation Prius in September. The car is touted as having 10 per cent better fuel economy than the outgoing model, with smaller and lighter hybrid components. It's also longer and wider than before.

IN BRIEF

The Kia Sportage

New Kia inspired by modern fighter jets
Kia's remastered Sportage tall wagon will head off of in a much different design direction than the current model.

Echoing the contrast of smooth and sharp shapes on modern fighter jets, "the Sportage creates visual harmony out of the tension between sharp, defined feature lines and smooth surfacing," Kia said.

Electric car ignorance linked to dislike: Study
Researchers from Germany have found that the less that people know about electric cars, the more negative their opinion is of them.

A study commissioned for Mercedes-Benz parent company Daimler also found most interviewees were unaware of potential cost savings related to switching to electric power from internal combustion.

THE GREEN ANGLE
Metro's weekly picks for the latest in environmental news

CASH UP FRONT

State offers EV rebates to accelerate sales

Connecticut wants to teach the rest of the United States how to sell electric and plug-in hybrid vehicles, reports Automotive News. In May, it became the first state to offer cash-on-the-hood rebates for electric vehicles and plug-in hybrids such as the Chevrolet Volt, pictured, Ford C-Max Energi and Nissan Leaf. The Connecticut Hydrogen and Electric Automobile Purchase Rebate program sets aside $1 million US for rebates from $750 to $3,000 per electrified vehicle, on top of a $2,500 to $7,500 federal tax credit already in existence.

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A woman, two men and a truck

KEY TO SUCCESS

Connecting with customers and relying on their referrals

Vawn Himmelsbach

Kari Campbell, sitting in one of the company's trucks, runs the Oshawa franchise. CONTRIBUTED

Two Men and a Truck brings to mind … well, men and trucks. Yet the professional moving company was founded by a woman and is run by a woman.

Mary Ellen Sheets started the business with her two sons (hence, the name), and her daughter Melanie Bergeron is chair of the board. And there are also female franchisees.

Being a woman in an industry dominated by men, however, isn't the biggest challenge for female franchisee Kari Campbell, who runs the Oshawa franchise and in November 2013 opened a satellite office in Peterborough.

A greater challenge has been overcoming the public's perception of moving companies — everyone has heard "horror stories" of moves gone terribly wrong, of people being scammed or precious items being damaged or vanishing into thin air.

Moving, after all, is much more than the physical transport of goods from one location to another — it's about handling people's memories.

In that sense, being a woman has been an asset in a business often associated with tough, burly men. "I'm going to understand that china cabinet is 100 years old and belonged to her grandmother," said Campbell. "Being a woman on that end is a total advantage … it puts them at ease."

Campbell started working with Two Men and a Truck as a customer service rep when a friend opened the Oshawa franchise. Two years later, in 2009, she was offered the chance to become partner. She took a few days to think about it and then jumped onboard. Already familiar with the brand and its core values, she was impressed with the help she received from head office.

But Campbell knew that owning a franchise wasn't a guarantor of success. "I don't think it's just a given, especially a moving company because people have such a negative outlook on it," she says. "You have to prove yourself as an individual franchise."

She's done this by getting involved with the local Chamber of Commerce, attending events and home shows, meeting with real estate agents and even doing charity work. It has also meant getting out to as many jobs as possible to meet customers — though she can't do that every single time.

Of course, the name of the company is Two Men and a Truck, so occasionally customers want to know where the "man" is, "which is very discouraging because I have been in the industry a long time and I know my job inside and out," she says. "But for most people it doesn't matter."

Campbell knows the job so well because she's gone out with her movers — literally doing the heavy lifting — to "see what my guys are going through." She currently has 28 employees, all of whom are men except for her customer service rep and accountant.

Two Men and a Truck has only been in Canada for just over 10 years (where there are 21 franchises), and is now expanding to Vancouver, Winnipeg, Regina, Saskatoon, Saint John and Moncton.

Crossing borders with Second Cup

The sun has only just come up in Beirut, but already the honking has started. It would be easy to mistake the constant bleating as impatience, but the horns are simply placing a coffee order.

Drivers pull up near a corner in Beirut's Ein al-Mreisseh neighbourhood and idle in the street near a store that sells Arabic coffee for $.60 a cup. Along the sidewalk, dozens of men sit in multicolored plastic chairs sipping the Arab cappuccino, a mixture of heavy espresso, powdered sweetener, and hot chocolate.

This is the pure coffee culture of the Middle East, with the neighbourhood coffee shops the central meeting place for a morning chat. But beyond the busy streets in some of the once-leafy neighbourhoods around the American University or in the strings of hotels along the Corniche, the international brands dominate the sidewalks: here a Starbucks, there a Gloria Jean's, and over there — keeping pace — Canada's own Second Cup.

There are three Second Cup locations in Beirut, and over 100 in the Middle East and North Africa. Second Cup International opened its 130th franchise outside of Canada, in Manchester, U.K., late in 2014. The first overseas location popped up in Dubai's gigantic Mall of the Emirates in 2003 and the company's international growth has continued unabated since. It has franchise locations across the Emirates and in some unusual, unstable places: Pakistan, Iraq, Syria, Yemen, and Egypt. There are as more Second Cup locations in Cairo (five) than in the entire United States (four).

There are over 100 locations in the Middle East and North Africa. TORSTAR NEWS SERVICE

Jim Ragas, the president of Second Cup International, explains the successful growth as part of an international desire for foreign brands and the consistent delivery of that brand's promises.

"Throughout the Middle East and in other places, people are looking for international brands, and when they get them in their region they're really happy," he explains. "But there's a huge amount of competition. And so the focus has to be on executing great service and having a great product. I think we do both."

Second Cup International is an entirely separate entity ("apart from sharing a name and some recipes," jokes Ragan) from Second Cup, the company that runs the Canadian franchises. The franchise model is different, with a heavier investment required from prospective franchisees, who must have a net worth of $3-million and $1.5-million in liquid assets. In Canada, a franchisee only needs to have $120,000 in assets and $350,000 in net worth. Additionally, international franchise partners take on the responsibility of managing the brand throughout a region: there's one owner in Lebanon, one in Syria, one in Azerbaijan, and so on. The head office approves new locations, but only visits the site after the café has been built and its staff trained.

That leaves the international cafes with a decidedly different feeling than a Canadian location.

DREW GOUGH

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metro SPORTS

Ben Roethlisberger is set to return to the Steelers after missing four games with a sprained knee and bruised leg

Disappointing Dougie needs some brotherly love

THE HOCKEY NEWS

Brian Costello
FOR METRO

-11

Doug Hamilton's plus-minus record so far with the Calgary Flames. If his lacklustre season continues he could be on pace for minus 100.

At the risk of coming across as slightly nepotistic, the Calgary Flames should think long and hard about recalling Freddie Hamilton from Stockton of the AHL. And make it happen yesterday.

Freddie's younger brother Dougie is getting roasted on the Calgary blueline through nine games. After horrible multi-game stints on defense pairings with Mark Giordano, then Kris Russell, Dougie looks as though he could use the calming face of a friendly family member in the dressing room. His expressions and body language these first few weeks have looked that bad.

Coming over from Boston in a summer blockbuster deal with the Bruins, Dougie Hamilton has been a major league disappointment. He's been passive in his own, lacking creativity in the offensive zone and downright pedestrian in his overall pace. It's no wonder he's on pace for a miserable minus-100 (he's at minus-11 through nine games).

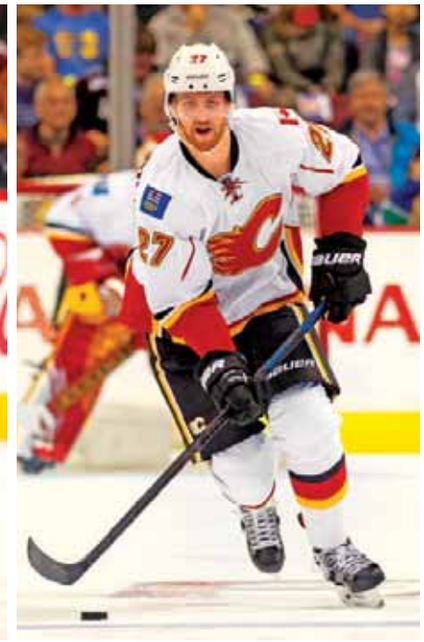
His performance so far has been eerily similar to Jay Bouwmeester's when the former Florida rearguard was dealt to Calgary in 2009. Both JBo and Hamilton were stars with their former teams, logging a ton of ice time and looked upon as future Norris Trophy candidates. But Bouwmeester never really got it together in four years with the Flames. Sure, he was a dandy skater, but JBo was a pushover in his own zone and underwhelmed with his puck skills. And all the while, we kept saying "give him time, he's adjusting."

And now, here we are with Hamilton, still just 22. Yes, it's early in his tenure here, and yes, there's going to be improvement. But what's disconcerting is we haven't really seen flashes of brilliance.

It's not like we've seen the occasional holy-cow shift among his string of duds. I think Calgary fans could live with some early-season growing pains and miscues if we saw the odd jaw-dropping weave through the neutral zone or shirt-flapping rush to the net. Nothing. A missed assignment defensively would be more palatable if we saw a glimpse of Hamilton crushing a foe into board advertisement or intercepting a centering pass thanks to his high hockey IQ anticipation.

And maybe that's where Freddie comes in. The Flames acquired the 23-year-old minor league center from Colorado in October and he has three goals in four AHL games — so a recall wouldn't come across as smacking of desperation.

And maybe a smile from big bro across the room can bring out the better in Dougie.



With Freddie doing well in the AHL it wouldn't be unusual for the Flames to call him up and just think of the boost that would give Dougie to play alongside his brother. BOTH GETTY IMAGES

NHL SCORES

Rask on form as Bruins thrash Coyotes 6-0

Tuukka Rask made 24 saves for his first shutout, David Krejci scored two goals and the Boston Bruins beat the Arizona Coyotes 6-0 Tuesday night for their first home win of the season.

Jimmy Hayes, Joe Morrow, Brett Connolly and Brad Marchand also scored for Boston, which had lost its first four homes games (0-3-1). THE ASSOCIATED PRESS

Quick Jenner-Atkinson one two boosts Jackets

Boone Jenner and Cam Atkinson scored 35 seconds apart in the third period and Sergei Bobrovsky made 23 saves to lead the Columbus Blue Jackets to a 3-1 victory over New Jersey on Tuesday night, snapping the Devils' four-game winning streak.

Scott Hartnell added an unassisted goal later in the period as the Blue Jackets won their second straight game under new coach John Tortorella.

THE ASSOCIATED PRESS

Girgensons OT strike helps Sabres sink Flyers

Zemgus Girgensons scored on a breakaway with 2:31 left in overtime to lift the Buffalo Sabres to a 4-3 victory over the Philadelphia Flyers on Tuesday night. Jake McCabe, Tyler Ennis and Jame McGinn scored for Buffalo, which snapped a two-game skid while winning for the first time on the road in its third try.

THE ASSOCIATED PRESS

MLB WORLD SERIES OPENER The Mets' Curtis Granderson hits a home run during Game 1 of the World Series on Tuesday night in Kansas City. Go to metronews.ca for the result of the game and more. CHARLIE RIEDEL/THE ASSOCIATED PRESS

IN BRIEF

Eskimos' Krausnick tells of battle with testicular cancer

Edmonton Eskimos lineman Alex Krausnick says he has battled testicular cancer and is urging other young men to be vigilant in checking for the disease as the new national spokesperson for Testicular Cancer Canada. Calgary native Krausnick, 26, broke his silence about his cancer in a statement released Tuesday. Krausnick said he received treatment after he noticed a pain in his testicles.

THE CANADIAN PRESS

Encarnacion goes under knife to repair hernia

Toronto Blue Jays slugger Edwin Encarnacion has undergone surgery to repair a sports hernia.

The team said in a release that the designated hitter/first baseman is expected to recover in time for spring training.

Encarnacion helped form one of the most feared batting orders during the regular season, belting 39 homers and driving in 111 runs.

THE CANADIAN PRESS

WOMEN'S SOCCER

U.S. goal machine Wambach to retire

Abby Wambach, the leading career scorer — male or female — in international soccer, announced her retirement on Tuesday shortly after the U.S. national team celebrated its Women's World Cup victory at the White House.

Wambach, 35, said before the World Cup this past summer in Canada that she wanted to cap her 15-year career with the game's most prestigious championship. She got her wish. Wambach, who grew up in Rochester, New York, has appeared in 252 international matches with 184 goals.

Abby Wambach GETTY IMAGES

She will play the final four matches of the national team's 10-game victory tour before stepping away from the team. Her final match will be Dec. 16 against China in New Orleans. THE ASSOCIATED PRESS

LeBron eyes 6 Finals in a row

NBA

But star knows ending drought for Cleveland will not be easy

The Cavaliers' LeBron James is in his 13th NBA season. LYNNE SLADKY/THE ASSOCIATED PRESS

LeBron James understands what it takes to reach the NBA Finals. The route, strewn with obstacles and doubts, has become a personal path. He knows the way as well as anyone.

James has been to the league's showcase event five straight years and six times in the past nine. On his most recent visit, the four-time MVP, two-time Olympic gold medallist and global icon, reminded everyone he remains the game's biggest, brightest star. And now, as he embarks on his 13th pro season, James, just two months shy of turning 31, understands getting back to the Finals will not come easy for the Cleveland Cavaliers.

"We've got a long way to go," he said. When he and the Cavs tipped off Tuesday night in Chicago, the ending that Cleveland fans can only dream of — celebrating the city's first pro sports title since 1964 — is nearly eight months away.

Right now, however, it's still just a dream. James nearly carried the Cavs to the top in his first season back in Ohio. But they came up two wins shy of the championship. Last season's journey, loaded with injuries, trades and whispers, seems to have made him more confident a title will happen.

If not this season, then soon.

"I know what we're capable of," James said following a recent practice. "I didn't know what we're capable of going into the first game of the season last year. I knew it was going to be a long process. I still think it's going to be a process.

"It doesn't matter what we did last year, that's over and done with. We were happy how we progressed last year and how we played all the way to the end, but this is a new year."

Like last season, when they struggled trying to integrate Kevin Love into their offence and didn't mesh for months under first-year NBA coach David Blatt, the Cavs may need some time to jell. James recently received an anti-inflammatory injection in his back — his second in 10 months — and his minutes will be closely monitored all season.

> **This team poses a challenge for him because we have so many good players and now he's playing with a stacked deck.** James Jones

Though he does a better job now of pampering his body, but the odometer is showing heavy mileage and the Cavs intend to rest him whenever possible. He missed a career-high 13 games last season and averaged 36.1 minutes, his fewest in 12 seasons.

There's a good chance he'll lighten his workload more this season, especially on back-to-back games or when the Cavs are playing three times in four nights. THE ASSOCIATED PRESS

OPENING NIGHT

Bulls edge Cavaliers

Nikola Mirotic scored 19 points and Derrick Rose added 18 to lead the Chicago Bulls to a season-opening 97-95 victory over LeBron James and the Cleveland Cavaliers with U.S. President Barack Obama watching on Tuesday night.

Pau Gasol blocked a potential tying layup by James in the closing seconds. Jimmy Butler then broke up an inbounds pass intended for James as time expired.

James scored 25 points and grabbed 10 rebounds for Cleveland, but the Cavaliers came up short against the team they knocked out in the conference semifinals last season. THE ASSOCIATED PRESS

Pistons hit the ground running by beating Hawks

Kentavious Caldwell-Pope scored 21 points to lead all five Detroit starters in double figures, carrying the Pistons to a surprising 106-94 victory over the Atlanta Hawks on Tuesday night and ruining the home opener of the team with the best record in the Eastern Conference last season.

The Pistons, who haven't had a winning season since 2008 and finished 28 games behind the Hawks a year ago, began to pull away just before halftime. They led by double figures through most of the final two quarters and held on despite missing 20 of their last 22 shots from the field.

Atlanta was looking to build on last season's franchise-best record of 60-22 and run to the conference final. Instead, the Hawks picked up where they left off in a sweep by the Cleveland Cavaliers, losing again in familiar fashion. THE ASSOCIATED PRESS

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RECIPE Caprese Skillet Chicken

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

A one-pot meal that combines the fresh flavours of the classic Italian dish.

Ready in
Prep time: 10 minutes
Serves 4

Ingredients
- 6 large boneless, skinless chicken thighs
- Olive oil
- Salt and pepper
- 3/4 pound mini red, white and purple potatoes, halved or quartered if large
- 6-8 cherry tomatoes
- 1/4 cup bocconcini
- 8-10 basil leaves, roughly chopped

Directions
1. Preheat the oven to 400 F.
2. Rub the chicken thighs on both sides with olive oil and generously season with salt and pepper.
3. Heat large skillet over medium-high heat. Add the chicken, cover and cook until it browns on one side, about 3 minutes. Turn the chicken; add the potatoes. Allow the chicken to cook another 3 minutes to brown then add the cherry tomatoes; transfer to oven and roast, uncovered, until chicken and potatoes are cooked, about 20 minutes.
4. Remove skillet from pan and toss in cheese and garnish with basil.

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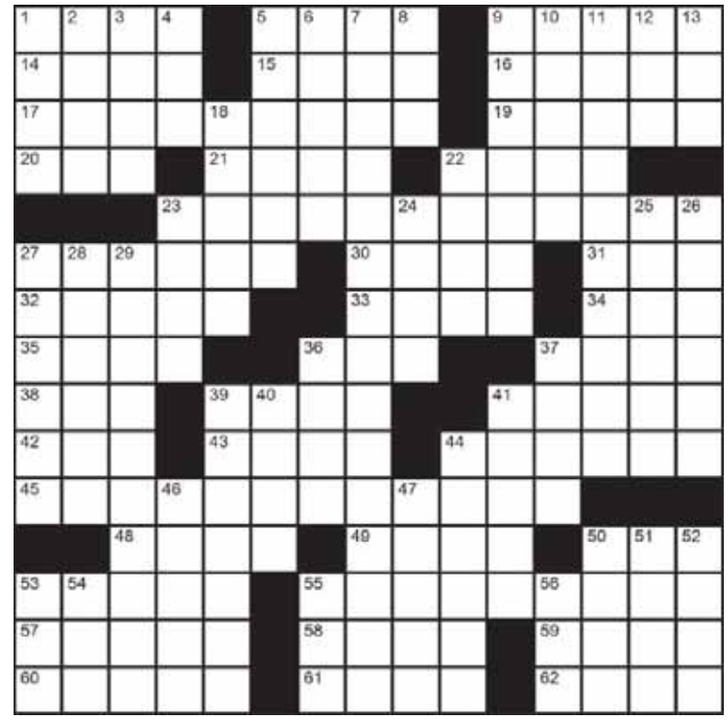
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Scoff
5. Damage
9. City in Iraq
14. Take apart
15. Rhyme scheme
16. Savoury gelatin
17. Tlaloc = Aztec _ _ _
19. Providence, _ Island
20. Mr. Stallone, to pals
21. Comes with it, for short
22. Long journey
23. Canadian made products by based-in-Prince-Edward-Island company Paderno: 2 wds.
27. A bit like Caesar or Ovid or Nero
30. Botanical leaf-to-stem angle
31. Honor vs Honour ...the difference is that the first spelling has _ _ in it
32. Energy company based in Halifax
33. Litter barks
34. What the person at #48-Across did
35. Animal docs
36. MTV hosts
37. Campus mil. program in The States
38. 'Carot' completer
39. Stead
41. Racecar driver Mr. Franchitti
42. _ de Janeiro
43. Fifty-fifty
44. "Love Me _" by Elvis Presley
45. Nature lover's activity: 2 wds.
48. "The gold goes to ...me!": 2 wds.
49. Tribe on the very first "Survivor"
50. Flight watchdog org. in The States
53. Computer's chomps?
55. Count Dracula's fang imprints: 2 wds.
57. English dramatist, George _ (Contemporary of William Shakespeare)
58. Peaty place
59. Garlands of Hawaii
60. Boat poles
61. Auberges
62. Dispatched

DOWN
1. Water holders
2. Organic compound
3. Country singer Mr. Arnold
4. Aussie hopper
5. Canadian cellist Ofra
6. Sternward
7. As per transportation, Justin Bieber's Ontario hometown of Stratford originally served as a what?: 2 wds.
8. Guy
9. Casks
10. "Angela's _" (1999)
11. Creative outlet allowing a poet to perform: 2 wds.
12. Empty
13. First-rate
18. Ms. Reid of "King of Kensington"
22. Stumble
23. "You Might Think" band, with The
24. Allies foe in WWII
25. Natalie's best friend on "The Facts of Life"
26. Calgary-based energy company
27. Rock guitarist's effect
28. 666 sequel, "Damien: _ _ _" (1978)
29. Crater forming masses from outer space
36. Depilatory brand
37. Called
39. Comedian Jerry, and surnamesakes
40. _ the Terrible
41. Casual material
44. Big cats
46. Brooded
47. "You Can Leave Your _ _ _" by Joe Cocker
50. Costless
51. Similar
52. Helper, for short
53. Music pace in 60 seconds [acronym]
54. Uh-huh, fancy-style
55. Dieter's stat.
56. Mr. Pacino's

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Don't get involved in a quarrel that is none of your business. You cannot resolve it and there is a strong chance the opposing parties will get together and end up taking it out on you.

Taurus April 21 - May 21
Why do you care so much what other people say about you? It's not like you to seek approval but you are craving the support of partners and colleagues at the moment. Just be careful you don't pay too much for it.

Gemini May 22 - June 21
You will have to admit that you have been aiming too high. No matter, it's not the end of the world. Even Geminis get it wrong sometimes.

Cancer June 22 - July 23
Your confidence is high but don't let that lull you into a false sense of security. It would be nice to believe that the world consists only of generous, compassionate people but you know it's not true. Watch your back.

Leo July 24 - Aug. 23
You are finding it hard to hide your anxieties, but why would you want to when there are people you can turn to for advice and support? You don't have to face each and every situation alone.

Virgo Aug. 24 - Sept. 23
Don't be taken in by someone's tale of woe. Deep down you know it is a load of rubbish. Give advice if it is asked for but keep your money.

Libra Sept. 24 - Oct. 23
Your number one aim is to make money. Over the next two or three days you will get the chance to earn some big bucks but you have got to stay focused.

Scorpio Oct. 24 - Nov. 22
You may be right to be angry with someone who has let you down but don't make a big issue of it. Let them know you are not amused, then let it go. Whatever you lost you will soon find something better to replace it.

Sagittarius Nov. 23 - Dec. 21
Your confidence may be low but this is a passing phase, so don't get despondent. If you don't feel like being social, that's OK — find a quiet place you can be alone with your thoughts.

Capricorn Dec. 22 - Jan. 20
You have a mind of your own and if you are smart you will use it today. If you follow the crowd you could end up some place you did not want to go.

Aquarius Jan. 21 - Feb. 19
The Sun in Scorpio at this time of year can either make or break your reputation, depending on how focused and hard-working you choose to be. There will be time for fun and games later — get serious for now.

Pisces Feb. 20 - March 20
Anything that sounds too good to be true is most likely a trick to part you from your hard-earned cash. You are too intelligent to fall for it, but watch out for friends and loved ones too.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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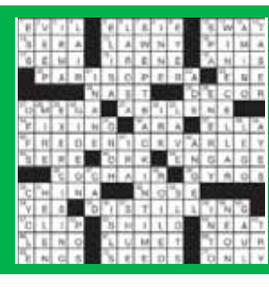

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7	5	4	8	2	6	9	3	1
3	2	8	7	6	1	5	9	4
5	7	1	4	9	2	3	8	6
6	4	9	3	5	8	1	7	2

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